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ABSTRACT

"The Edge" is a Canadian publication for youth. The mandate of the Edge is to support and celebrate all career journeys embraced by youth. This issue contains career profile articles covering three jobs: crane operator, indoor climbing instructor, and product certification tester. Career trends and the state of today's workplace are also discussed. Two articles concerning money are included. The first provides a sample paycheck and explains taxes, deductions, etc. The second discusses budgeting and provides a sample budget. Two teens, one who is planning to attend college and one who is not, are interviewed. Another article provides tips for succeeding in job interviews. Members of Wide Mouth Mason, a music group, discuss their work. Adolescents share embarrassing job moments and their ideas about what success is in two separate articles. Articles concerning stress management are included in this issue; one discusses guided imagery as a stress reduction technique. In another article, Canadian youth discuss barriers in their lives and how they are working to overcome them. Students are encouraged to lobby their schools for needed changes in the next article. A quiz with questions about the information covered in this issue is included. A list of resources concludes this issue. (MKA)

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STRESSED TO THE GILLS? WE CAN HELP!

FALL 1999

the edge

CHOOSE your GROOVE

ED 446 293

RED-FACED MOMENTS
at work

how do I get *that* job?
COOL CAREER PROFILES

thegreatdebate

I'm going to university...

...I'm not

WIDE MOUTH MASON
YAPPIN ABOUT THE FIRE INSIDE

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L Bezanson

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WHAT'S IN the edge

FALL 1999

3 **Cool Career Profile: CRANE OPERATOR** Play nice! Unless you tear down buildings for a living!

4 **The Changing Workplace** The scoop on what today's workplace looks like (tall, dark 'n ....?) and what employers expect from employees!

6 **Hey! Where's My Money?** First paycheque looking a little leaner that you thought it would? Here's why.

8 **Banish Those Bread Blues: Budget!** Learn to budget now and you'll kiss yourself later (as in, one big, fat, juicy kiss!)

10 **Today's Trends: TRANSFORMING YOUR CAREER** Get in tune with da trends mahn! They can lead to some wicked job opportunities!

11 **Cool Career Profile: INDOOR CLIMBING INSTRUCTOR** This job idea could drive you up the wall!

12 **I'm Going to University... I'm Not** To go or not to go; that is question... these teens have the answers!

15 **Scoring in Your Interview** Sweaty palms and butterflies shoo! We'll tell you how to ace that interview!

16 **Wide Mouth Mason: THE FIRE INSIDE** WMM explains why the rock 'n roll life is more work than just pickin' at the guitar strings and beltin' out yer blue'z.

18 **Embarrassing Job Moments** Brave teens across the country reveal their biggest red-faced moments on the job.

19 **Cool Career Profile: PRODUCT CERTIFICATION TESTER** Who makes sure your top-of-the-line sneaks meet the highest Canadian standards before you sport 'em? Find out!

20 **Let it Out** Arrgghhh!!! At the end of your rope? A tad *frazzled* perhaps? Here's help!

22 **Guided Imagery** Act now and you'll also receive this added bonus – a visualization exercise that'll melt that stress away!

24 **Escaping the Chaos** Canadian youth share their powerful stories about challenging barriers and how they're working at overcoming them.

26 **Meet you in the Lobby** It's your education – get the school you want!

28 **Cool Career Profile: CONSERVATION OFFICER** Calling all outdoors adorers, nature nuts and environment enthusiasts!

29 **Take Your Career Q** Quite possibly the most fun you'll ever have with a quiz!

30 **What's Success Anyway?** Acing Algebra? A date with DiCaprio? Scoring in the soccer finals? Canadian teens share what success means to them.

31 **Resources** Need more info? Here's a tonne of resources to help you find it.

The Edge is a Canadian publication for youth with choices. The mandate of The Edge is to support and celebrate all career avenues embraced by youth. It is our hope that through The Edge we can point the way to some exciting options, new possibilities and endless opportunities in an ever changing work environment. The Edge is about setting new trends and turning imagination into reality.

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COOL CAREER PROFILES

There are thousands and thousands of different career options out there and that number grows every year. As the population changes, as trends are born and as innovative inventions become popular, new people with different skills will be needed to make the world work.

What we're saying is, find out about as many careers as possible. Learning about one might make you want to learn more about another. Consider stuff you've never considered before. Even if there isn't a lot of opportunity in a certain field right now, that doesn't mean that there won't be in a couple of years. And the skills you get training for one career can help you get your foot into the door of another. Take a look at these career options below, and on pages 11, 19 and 28, and then look beyond.

COOL CAREER PROFILE:
crane **operator**

your job: As a crane operator, you get to run all sorts of wicked equipment in construction and (even cooler) destruction. You could be yanking the levers and pressing the pedals in one of those cranes with the big wrecking ball while you knock down some century-old building. Or you might find yourself building a bridge on a tower crane. The machines can carry equipment, load ships and pile drive. Unbelievable sense of power running one of those babies.

your training: Before you get behind the levers of one of these beasts, you'll need some high school education and you have to complete formal crane operating training. In some provinces and territories, you'll have to complete an apprenticeship program. And you might have to demonstrate your skills to a tester before you can be certified to work. For right now, consider taking electronics, math and machine shop classes.

your gear: Fortunately, you don't have to B.Y.O.C. (bring your own crane). Your employer provides the rig. You should think about investing in a hard hat and a good industrial tool kit to keep around for emergencies. A portable radio will make life in the crane go by more happily – unless you listen to AM. A good pair of shades, some steel-toed boots, a great cushion for your butt and one freakin' huge coffee mug will make the crane cab as comfy as a hotel fit for a rock star.

bragging to your buddies:
If they say: "Wouldn't you rather have the peace and quiet of an – ahem – normal office environment?"
You say: "Hey, Betty, remember that office you worked in until last week? Yesterday I turned it into a pile of dust and rubble – and got paid to do it. What a rush! But seriously, moving around the girders that support bridges is an unreal feeling. I'm learning a tonne about engineering, I'm contributing to the city and once I'm in my cab, I love the solitude. My only company up there is my razor-sharp intuition, my skill and my decision-making expertise. By the way, how was that two-and-a-half hour sales meeting you had yesterday?"

a bad day at the office:
"It's not all guts and glory. You think crane operator and you think Fred Flintstone – or come to think of it, Wilma, these days – sliding down the dino-crane's tail at five o' clock with a big smile. That isn't always the way it goes. Yesterday I worked 14-and-a-half hours. We have to make the most of the daylight hours in the summer. And to make the day longer, a supplier delivered concrete slabs that were six inches too narrow. I had some visions of using the wrecking ball."

WHAT TO KNOW:
As the economy goes, so goes the need for crane operators. The better the economy is doing, the more construction is going on – and that's good news for you. Be prepared to move around to get more work.

WHERE TO GO:
Check out your provincial or territorial apprenticeship branch, call a company that employs crane operators or get in touch with The International Union of Operating Engineers at 1-800-292-9940.

HOW'S THE DOUGH?:
On the low end, you might earn about 25 grand. That could grow to around 63. The average crane operator earns about $44,000 a year.

WHERE ELSE MIGHT THIS GO?:
There's lots of other heavy equipment out there for you, including bulldozers, tractors and boom trucks. Then there's many other types of construction work – from road construction to interior contract work. And hey – it's just a whim, but – since you considered demolishing buildings and the like, maybe wrap your head around the idea of building them too. Just a thought.

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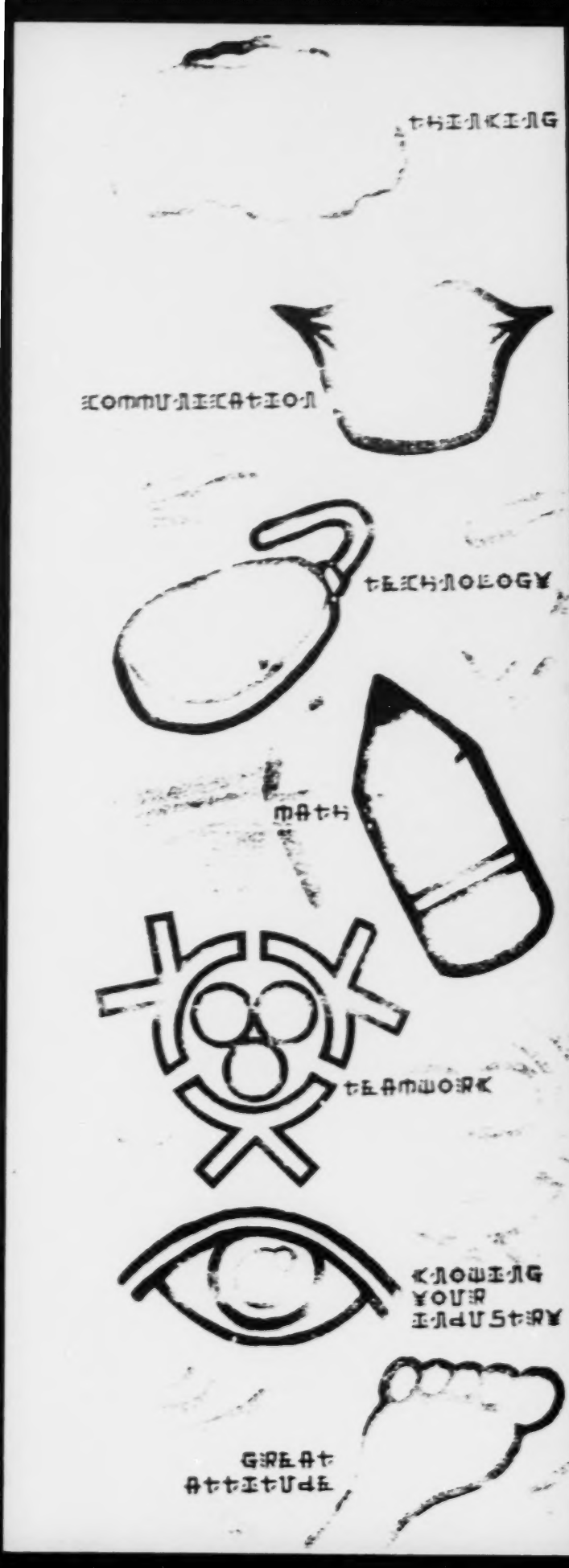

You know how to attach the widget to the whatchimacallit and then apply the thingamajig to measure for the you know what? Well then, congratulations! You've got the job! And, as long as you keep attaching those widgets and measuring the whatchimacallit, you're set for life.

THE CHANGING WORKPLACE

Not too many years ago, knowing how to attach the widgets was all that really mattered. Stick on the glue, turn a screw, then go home. But the Canadian workplace has changed – and it continues to change. How so? What happened? Well, what keeps the economy going has changed. Years ago, workers on a car assembly line had their one widget to insert into the whatchimacallit. End of story. Fast forward to today. Add technology, globalization and a change from a product-based economy, where products like gold were the most valuable goods, to a knowledge-based economy, where information has become most valuable. Now, Wanda Widget does a lot more than one task. She's responsible for evaluating the end product for safety and performance – knowing the big widget picture.

Today's employers want employees who have the skills to get the big widget picture. They're looking for a certain general set of skills or qualifications in pretty much anyone they hire. These qualifications, sometimes called *Essential* or *Employability Skills*, include:

USING YOUR NOGGIN
(or Thinking Skills)

Of course, this doesn't mean that workers in the past did not think. It means that you will need to develop critical and creative problem-solving and decision-making skills in today's workplace. For example, when the assembly line comes to a crunching halt, Wanda needs to be part of the solution to get things moving again. She needs to find the source of the breakdown, come up with a fix-it plan and then be the one to fix it.

HAVIN' THE GIFT OF GAB
(or Communication Skills)

We don't mean you should grab a cave and gabble. In today's economy, all based on knowledge, on information, then being able to communicate that information is key. Hear it, speak it, write it and present it – you have to know how to get your message across – quickly, to the point and with style.

TECHNO TALENT
(or Computer Skills)

Sorry – we're not talking about the latest dance hit moves. Whether you want to be a truck driver or a software engineer, you're going to need computer skills. The good news is, if you're under 30, you probably already have a pretty good advantage over the generation before you, because most of them didn't grow up "wired."

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GOT ADDITUDE?
(or Math Skills)

We're not saying you have to be a math wizard but you will need some general math skills. Whether you're delivering pizza or unraveling an algebraic formula for understanding the universe, you're going to need basic math. In many of today's service-related jobs, employers will expect that their staff can do the basics – like making correct change at the cash or keeping track of inventory on the shelves *without* help from a machine.

CHUM'S THE WORD
(or Teamwork Skills)

There's strength in numbers. You won't need an army, but very often, great results come from people putting their heads and hands together – and working together.

JUST SAY KNOW!
(or Knowing your Industry)

Knowing everything about the horn you're installing isn't enough anymore. You also need to know about the rest of the car, the competitors' cars and the people who *buy* cars.

PUTTING YOUR BEST FOOT FORWARD
(or Having a Great Attitude)

This means taking pride in what you do, where you work and who you are. Don't always wait to be told what needs to be done. Look around and think about what you can offer to make your workplace even better.

THE CHANGES

Change, change CHANGE! Why so much mention of the *c*-word? Well, there have been many changes (there's that word again) in the workplace and in the economy over the years. Most of these are the result of even *bigger* changes (what, again?) in the world, such as globalization, technology, a growing service sector (that is, people working in service-related jobs), an information explosion and more and more small businesses. We'll tell you about some of the more significant workplace changes (we'll stop soon) we see happening today. But a warning: we make no guarantees about the future. The only guarantee about change (we lied) is that it'll keep happening.

More skills needed at the entry level

It used to be that a receptionist would answer phones, type, take shorthand and make sure the boss looked good. Today, with more advanced phone systems, e-mail, direct lines and faxes, a receptionist is more likely to manage databases, handle mail, do word processing and more. New technology has squeezed out old job descriptions and upped the skills required by the person at the front desk.

General skills needed

The routine tasks that were once handled by humans are now being handled by machines. The less routine activities are being assigned to people, in order to draw on their creativity, imagination and judgement. With technology changing (oops!) so quickly in the workplace, it seems certain that machines will replace more and more human tasks. So, if you can increase and vary the number of skills you have, you'll be much better off. These skills can be carried from job to job as you move through your career.

Sorry to work and run

It's becoming more and more common to see projects handled by individuals and teams brought in from outside a company. Organizations don't always advertise positions in the newspapers any more. So, if you sent out 200 résumés and you're still waiting – don't despair. Try a different strategy. Instead of waiting for them to offer you a job, try *telling* them what skills you've got to offer *them*. Think about the work you can and want to do, not the jobs you'll have.

Talk about people skills

You play on a sports team? Great. Tell your potential boss that as a member of the squad, you've developed teamwork skills and a solid work ethic. Same goes for what you've learned as a volunteer and any other skills you've developed outside the workplace.

Show industry knowledge

Are you being interviewed for a job at a clothing store? If they sell clothes, read a few fashion mags – men's or women's – and interview someone in the industry to find out about local trends and developments. Be sure to show that knowledge in the interview. Because of the Internet and other resources, information has become more accessible than ever before. So you should have no trouble giving yourself an info-edge over the competition. Visit other clothing stores and watch how they do business. And once you've got the job, *keep learning!*

Today's employers want employees who have the skills to get the **big widget picture**

Employees keep learning as they go

Because of the pace of change in today's work world, you'll need to keep learning. A sure-fire way to develop your career in the direction you want to take it is to be open to learning new skills. But you don't always have to go to school to learn. Learning happens pretty much everywhere – in the classroom, on the job, from the Internet, from those around you, from your accomplishments... and even from your disappointments.

Fewer bosses

Because companies are becoming more efficient with more authority coming down to the shop floor, there are fewer managers today than there were yesterday and there will be fewer tomorrow than there are today. This is especially common in larger companies. And this is where those teamwork skills (remember: chum's the word!) will really pay off.

WHAT CAN YOU DO?

Want to convince a potential employer – today or tomorrow – you're the one they want? You have the power! Try these tips:

Build job skills

Make sure that above all else, you know how to do the job. Be honest about your abilities. If you've never had a restaurant job, but you have taken a course in food services – or even cooking – at your high school, make sure the manager at Pizza Magic knows that.

Look around you, pitch in, see what you can learn

Picture it: You're working as a waiter at Pizza Magic. Don't be a serving snob. Offer to bus a couple of tables when it's busy. When it's a little slower, study the chef's twirling techniques. Learn how to scrape pizza dough off the kitchen ceiling. Offer to deliver a pizza on your way home. The more you can do and the more you're willing to do, the more kudos you'll get on the job and the better off you'll be throughout your career.

SKILLS THAT WILL NEVER BE USEFUL

The point is – the more you know, the farther you'll go. Know more, do more, improve yourself and feel good about it. And if you're beginning to think you need to know how to do absolutely everything in the universe to succeed, relax. It's not true. You'll *never* need to know how to:

- knit a sweater using nothing but belly button lint.
- shove six or more plums in your mouth at one time.
- yodel to the tune of every Bryan Adams song ever written.
- use a computer as an article of clothing.
- make that cool noise when you hold a blade of grass between your thumbs (It's neat, but no one will pay you to do it. Well, they won't pay very much.)
- come up with abilities that will never be useful to you in your career. ●

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HEY! WHERE'S MY MONEY?

Let's see. You've worked for 15 hours this month at six bucks an hour. Six times 15 is 90 dollars. Maybe in math class. Not on your paycheque.

You've just finished the first stint of your new job, and have earned the fruits of your labour... the pay cheque! You've kept careful track of all your hours, and know you now have enough for that sweater/ video game/pair of shades you've had your eye on for so long. But wait a minute... why does it seem that the fruits are a little sparser than they should be? Before you storm back to your employer and demand to know where the @#?! your money went, take a look at this cheque and pay stub...

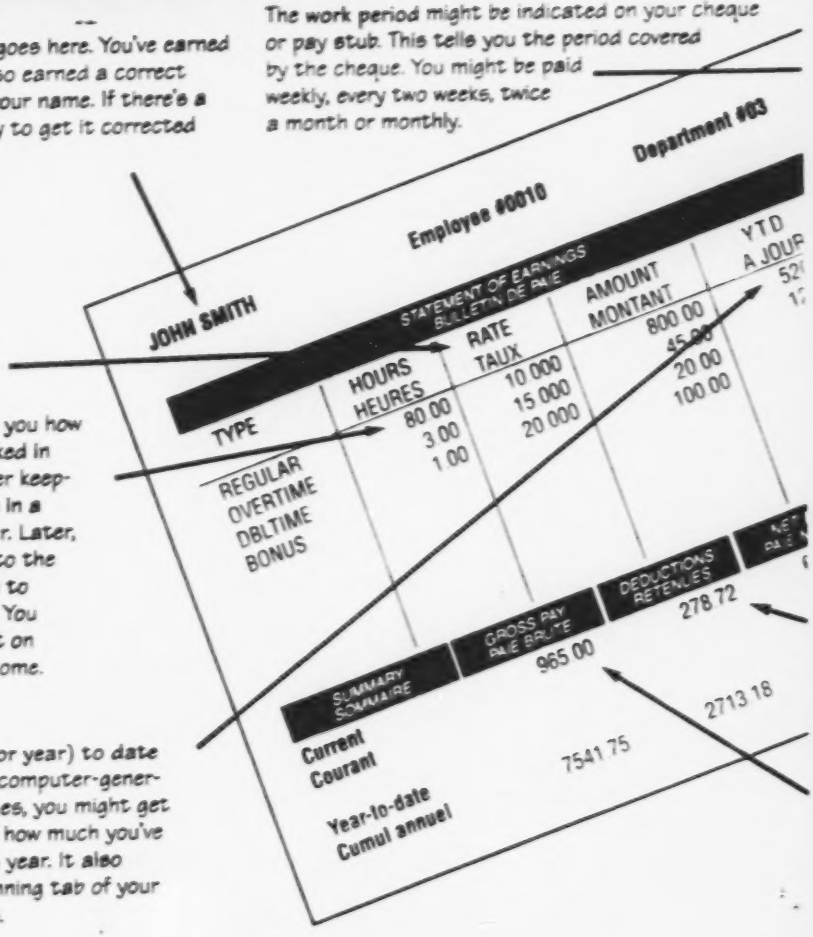
Your **name** goes here. You've earned it. You've also earned a correct spelling of your name. If there's a mistake, try to get it corrected right away.

The **work period** might be indicated on your cheque or pay stub. This tells you the period covered by the cheque. You might be paid weekly, every two weeks, twice a month or monthly.

The **date** the cheque is issued is pretty important to notice. If the cheque says September 30 and you deposit it on the 27th, well, let's just say you won't be able to access that money. Be sure to check the date written on the cheque before you deposit it in your bank account or try to cash it.

The hourly **rate** you receive confirms how much you get paid per hour.

Hours worked reminds you how many hours you've worked in the pay period. Consider keeping track of your hours in a journal or on a calendar. Later, you can compare this to the info on your paycheque to make sure it's correct. You don't want to miss out on some well-deserved income.



Earnings (or year) to date – on some computer-generated cheques, you might get a record of how much you've earned in a year. It also keeps a running tab of your deductions.

MINIMUM WAGE

The minimum wage, as defined by some provincial governments, is the least amount of cash an employer can get away with paying you. The minimum wages vary from province to province, and sometimes even for people of different ages. If you want more information on your province's labour rules, call your Ministry of Labour or do a little surfing.

BRITISH COLUMBIA
Minimum wage: $7.15/hour
1-800-663-3316
(250) 377-0172
www.gov.bc.ca

ALBERTA
Minimum wage: $5.65/hour (increasing to $5.90 on October 1, 1999)
(403) 427-3731
www.gov.ab.ca

SASKATCHEWAN
Minimum wage: $6.00/hour
1-800-667-1783
www.gov.sk.ca

MANITOBA
Minimum wage: $6.00/hour
(204) 945-3352
www.gov.mb.ca

ONTARIO
Minimum wage: $6.85/hour
Wage if you're under 18: $6.40/hour
Other wage info: People who serve alcohol directly to customers get $5.95/hour
1-800-531-5551
(416) 326 7405
www.gov.on.ca

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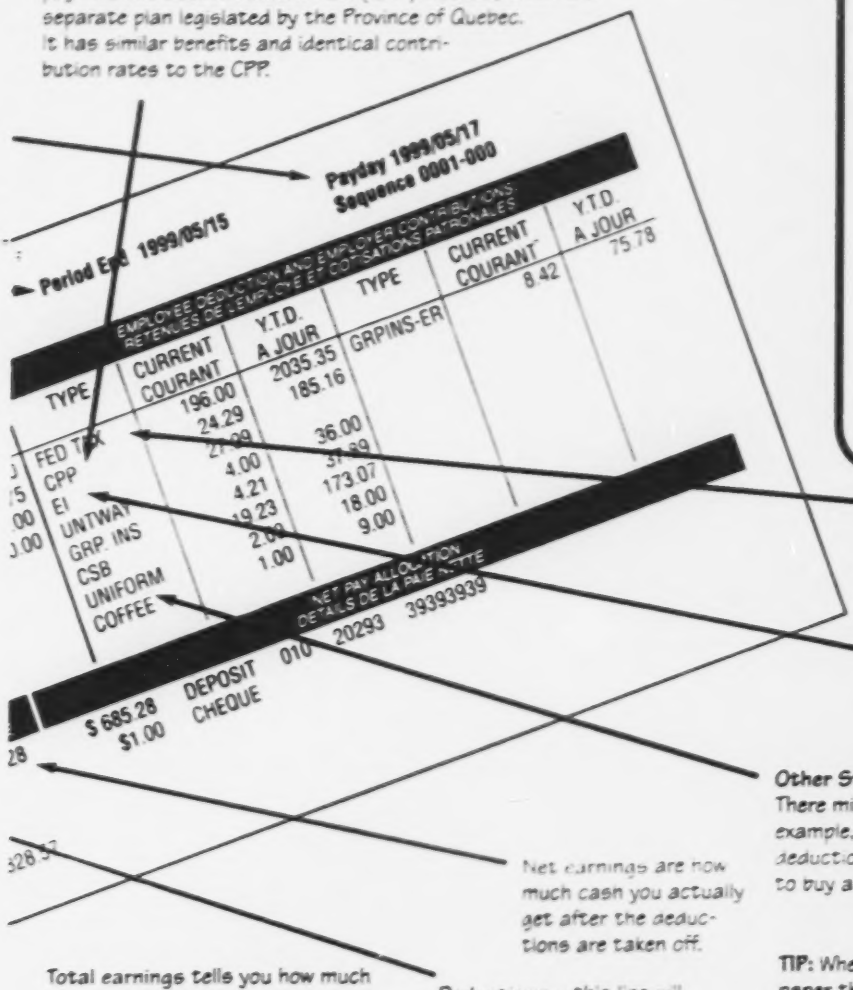
The DEDUCTIONS You Might See: Depending on your age and the province where you live, you might see some or all of the following deductions on your paycheque.

Canada Pension Plan (CPP) / Quebec Pension Plan (QPP) – CPP money goes into a big pool to help support older Canadians. The plan is that you'll collect back some of this dough, too. In 50 years. All employees and self-employed people between the ages of 18 and 70 with employment earnings must pay into the plan, except people who live in Quebec. They pay into the Quebec Pension Plan (QPP) instead, which is a separate plan legislated by the Province of Quebec. It has similar benefits and identical contribution rates to the CPP.



Income Tax
This is the cash deducted and shared by your province and the federal government to cover government expenses – including the biggies like health care and education.

Employment Insurance (EI – no relation to EI-EI-O)
Money you'll collect if you're unemployed and eligible to get it.

Other Stuff
There might be other deductions on your cheque, too. For example, if you work in a restaurant, there might be food deductions on your cheque to cover meals. You might have to buy a uniform and that could come off your cheque, too.

Net earnings are how much cash you actually get after the deductions are taken off.

Total earnings tells you how much you would have earned without deductions. The hours you've worked multiplied by the wage per hour you get. This might also be called "gross pay." Totally appropriate, because deductions are gross.

Deductions – this line will show you how much has been taken off. The deductions might be totalled for you, listed individually or both.

TIP: When you start a new job, ask for a sheet of paper that outlines your pay and your deductions. If the boss is curious about why you want that, tell her you want to do some personal planning and you'd like to know what your net income is. (With the info up front, you can do some planning and there will be no surprises when the first cheque arrives.)

WHEN TO WORRY

Employers have to follow strict labour guidelines in every province. The system is designed to protect you and your rights and to help employers manage their staff efficiently. More often than not your work experience will be a positive one. But sometimes, things don't work out like we'd like them to. If there are any problems with your cheque, make sure you talk to your employer. Mistakes do happen; that's why keeping track of your hours and deductions is so important. If your boss says any of the following to you, however, seek advice and think about getting out:

- "I'm a little short on cash this month, but feel free to take a case of straws home for your family. Enjoy!"
- "I like to think of the minimum wage as a guideline, not a law. I'm sure you'll agree that what I'm offering is fair. If you keep it our little secret, I'll give you extra hours."
- "If the bank calls about that cheque, tell them... er... um... I'm away on business."

QUEBEC
Minimum wage: $6.80/hour
Other wage info: The wage for anyone who receives tips is $6.05/hour
1-800-463-9931
www.gouv.qc.ca

NOVA SCOTIA
Minimum wage $5.50/hour
(902) 424-6647
www.gov.ns.ca

NEWFOUNDLAND
Minimum wage: $5.25/hour
Wage if you're under 16: whatever you and your employers agree on
1-800-563-5471
(709) 729-2664
www.gov.nf.ca

PRINCE EDWARD ISLAND
Minimum wage: $5.40/hour
(902) 368-5550
www.gov.nf.ca

NEW BRUNSWICK
Minimum wage: $5.50/hour
(506) 453-2342
www.gov.nb.ca

YUKON
Minimum wage: $7.20/hour
Wage if you're under 17: whatever you and your employers agree on
(867) 667-5944
www.gov.yk.ca

NORTHWEST TERRITORIES
Minimum wage:
$6.50/hour on highway system;
$7.00/hour off highway system
Wage if you're under 16:
$6.00/hour on highway;
$6.50/hour off highway
(867) 873-7486
www.gov.nt.ca

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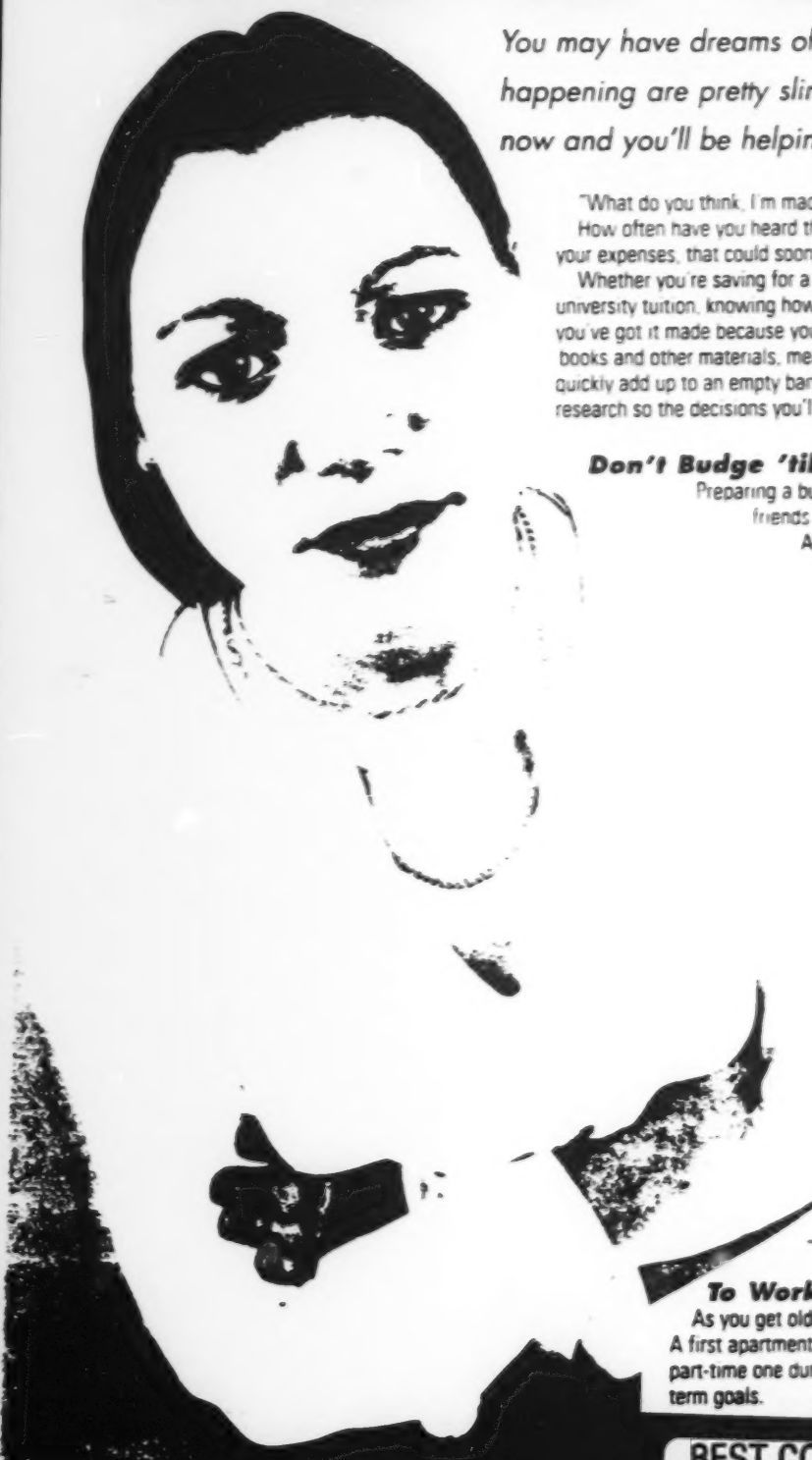
BANISH THOSE BREAD BLUES:

BUDGET!

You may have dreams of retiring at 30 but the chances of that happening are pretty slim. Learn how to manage your budget now and you'll be helping yourself out down the road!



"What do you think, I'm made of money?"

How often have you heard that before? Even if your parents are still helping with your expenses, that could soon come to an end. Now's the time to start planning.

Whether you're saving for a new pair of running shoes, a school trip, or college or university tuition, knowing how best to save will make things easier. Even if you think you've got it made because your parents are going to help with your tuition, there's still books and other materials, meals, housing and entertainment to pay for. All these can quickly add up to an empty bank account! Whatever your future plans are, do some research so the decisions you'll be making will be the best ones!

Don't Budge 'till You Budget!

Preparing a budget now will help you to save so you can go out with friends and still have enough money for important expenses. And, it'll help you when you move out of your parents' home and on your own. But you'll have to anticipate expenses; don't wait until the end of high school to start saving for your education or other important plans. Making a budget now and sticking to it will help you throughout your life – for learning, living, and working comfortably now and in the future.

Often, teens with money probs don't budget because they don't earn much and think budgeting is useless. The truth is, the less money you have, the more important it is to budget! No matter what your income, you need to learn to live within your means.

So what is this budget thing already? A budget is a detailed, realistic picture of your financial situation. It will give you a better understanding of your expenses and your savings. It doesn't have to be complicated – that can get discouraging! But you'll have to be realistic and make some decisions – especially if you find you have to cut down a bit and start spending less.

Don't be surprised or get frustrated if your budgeting doesn't all work out on your first try. And be sure to leave room for unplanned expenses – life tends to throw a lot of surprises our way!

To Work or Not to Work

As you get older, your needs will increase and so will your expenses. A first apartment or tuition are big expenses. Having a summer job or a part-time one during the school year will help you save for your long-term goals.

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Not all jobs are created equal though – some will give you experience, and some will give you dough. The best jobs will give you both.

But don't forget: a job isn't just about making money – it's about spending it, too. Huh? If you land a job as a salesperson in a trendy clothing store – you'll probably need

Preparing a budget now will help you to save so you can go out with friends and ***still have enough money*** *for important expenses.*

to buy some clothes for work that you wouldn't otherwise have needed. Some jobs do not bring in as much dough as you anticipate. If you find a summer job painting houses, what happens if it rains for half the summer? This doesn't mean you should reject these jobs – just consider their potential costs and risks in your budget.

A Roof Over Your Head

Students who can live with their parents during university or college are fortunate. For others, housing becomes the biggest expense in their budget. For example, if you continue your education away from home you'll have a choice to make: live in residence or move into a place on your own. Residences usually cost a lot more but they're ideal for making friends... and excellent if you hate cooking!

Whether you're planning to work or study after high school, living with one, two, or even three friends is usually cheaper. The more people sharing expenses, the less

everything costs. But, beware! This isn't always the ideal situation. You'll all need to follow some house rules to avoid conflicts!

Test Drive this Budget

To get you started, below you'll find a typical expenses and income budget. With it, you can calculate your current budget and one for when you're on your own. Newspapers can help you estimate housing, food and other expenses. If you're planning to go away to school, your local library will have copies of newspapers from other cities. Remember that not all points here will apply to your situation and you may have to add others that are missing. •

SOME SAVING TIPS

- Wait for sales before buying clothes.
- Check grocery store fliers for specials and stock-up on things you use often, when prices are good. (You can never have too much toilet paper!)
- Visit second-hand clothing stores. You just might find that perfect something to complete your wardrobe!
- Check out garage sales for cheap furniture, dishes, books, posters and knick-knacks.

SMART SAVING

If you've got some extra cash after working all summer, put some of it in the bank. Avoid regular savings accounts which have lower interest rates. Guaranteed Income Certificates (GICs) and other special savings accounts with higher interest rates will make money out of your money! (A banker can tell you what's best for you.) When it's time to move out, you may have a good cushion of cash to help pay for tuition, a first apartment, travel or whatever you're planning for.

TYPICAL BUDGET*

I. YOUR INCOME (ESTIMATED FIGURES)

A. Your Monthly Income (fixed)

Salary/spending money	
Interest	
Other	
Total	(M)

B. Irregular Income

Income tax refund	
Gifts	
Bonus	
Other	
Total	
Divide this total by 12	(N)
Total average monthly income (M + N)	(O)

II. YOUR EXPENSES (ESTIMATED FIGURES)

A. Current monthly expenses

Food	
Transportation	
Leisure activities (movies, sports events, etc.)	
Savings	
Emergency funds	
Housing (including utilities)	
Medical and dental expenses	
Other	
Total	(X)

B. Irregular expenses

Insurance	
Gifts	
Tuition fees	
Clothing	
Other	
Total	
Divide this total by 12	(Y)

Total average monthly expenses (X + Y) ..... (Z)

III. BALANCE (TOTAL MONTHLY INCOME – TOTAL MONTHLY EXPENSES) = (O – Z)

If this figure (O – Z) is positive, you have some savings that you can invest (see "Smart Saving"). If it's negative, you'll have to change something.

* This budget appears in "Money and Youth" a free book for teens published by the Canadian Foundation for Economic Education. Call 1-888-570-7610 for a copy or visit their web site: www.cfee.ca.

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ToDAY'S TReNDS

TRANSFORMING YOUR CAREER

Whether you know exactly what you want to do with the rest of your life or you're still a bit uncertain, tuning into what's going on outside your own personal world can help with your future. Trends that are happening all around you can point the way toward the latest opportunities and developments in your chosen field of work.

The times they are a changin.' In fact, they've already changed and they'll continue to change. If your grandparents had a TV when they were young, chances are it was black and white. Your parents likely had colour. You – heck, *you* surf the Net, possibly even *on* your TV. Technology is constantly changing and it has an effect on the kind of work we do and how we do it.

Case in point: Many people your grandparents' age were once farmers. They used horses and their own bare hands to work the land. But with the introduction of new technologies in the past two decades, farming and agriculture have changed drastically. Instead of planting and harvesting by hand, today's farms are often fully automated.

There will be a whole slew of new and fascinating occupations to choose from in the future, thanks to technological progress. And whatever type of work you choose, your career will likely have more twists and turns in it than your grandparents' did. It'll also, undoubtedly, be more exciting and you'll have a lot more choices.

So where do you fit in today's job market? Well, first you need to start with you. Think of your interests; think of what kind of jobs peak those interests. What can you see yourself doing? Make a list of your interests and jobs you'd like to do.

Next, tune in to the environment around you. Why? Because society's needs and the environment around us help to influence current and future jobs. We're talking trends – social, cultural, political and economic – which shape the way we work and develop our careers. Trends are bigger than fads or the latest dance craze (here today, gone tomorrow). Trends tend to last about 5-10 years. Megatrends can last for more than 20 years. It's trends and megatrends that you need to be aware of.

TUNE INTO THOSE TRENDS

Knowing about current trends will help you make better career decisions. Keep your eyes open and your ear to the ground. You'll notice trends come in different shapes and sizes.

Here's an example of a social trend: That huge population segment we call the Baby Boomers is now entering middle age – the generation between age 35 and 55. Many businesses and jobs are influenced by the needs of this group because they are such a large segment of the population. As they age, their needs change. Right now, they are in the prime of their careers. They work long hours and so they make a lot of money. But they don't have much time for housework.

What conclusions can you draw from this trend and how can you use it to your advantage? Well, consider that Baby Boomers need certain services like house painting, window washing and lawn-care. What products and services will be the result of this trend – and what job opportunities will it lead to?

Now think about how you can make this work for *you* by considering everything you enjoy doing and then finding a way to turn that into a job opportunity. Go back to your list and think of how you can make use of your interests and tastes. If you find something you enjoy doing that would be useful for society, you're in luck because you can earn your living doing it!

Try this: Think about services that will save time for people. Next, think about activities you enjoy doing. Is there a relationship between the two? If you like dogs, could you offer a dog-walking service to people in your neighborhood?

Hmmm... How would you go about doing that? Well, you could visit people you know in your neighborhood (target the 35- to 55-year-olds... but don't tell them you think that's old!) and offer them the service. You could make up a flier, photocopy it, and drop it in mailboxes around your neighborhood. Once you've built up a customer base, you could give their names as references to new ones. Using trends, you can develop a variety of services. With a bit of imagination, creativity, energy and perseverance, you're sure to succeed!

SO WHAT ARE THE MEGATRENDS

1 The Information Jitterbug – There's never been as much information available as there is right now and thanks to the Internet, people all over the world can access it. Information and knowledge are the power of the workplace.

2 The Globalization Jig – Borders are disappearing as trade agreements and communications unite people on every continent. Technology helps us to access foreign markets like never before.

3 The Techno Twist – New technology continues to change the world. Nowadays, computer skills are necessary in almost every job.

4 The Service Sector Swing – Incredible growth is happening to a category of workers that was once limited to low-paid cashiers, clerks, and salespeople. Today, the service sector includes knowledge- and information-based jobs, as well as those in health and education.

5 The Small Business Shuffle – Small businesses are responsible for the greatest increases in the marketplace. Creative people are using their brains to start businesses which help others live better.

How would these trends affect your dog-walking business? First, there's loads of info available about dogs, and you can access it from pretty much anywhere in the world (globalization), on a computer (technology). You could even develop your small business further by becoming a dog consultant and teaching possible dog buyers about the behaviour of certain breeds. You could set up a network with other dog consultants around the world on your home computer. If you haven't noticed, all these trends get tangled up together.

Don't ignore the trends – use them to inspire you! Can you see a link between your own interests and today's trends?

Ask yourself this question when you hear about a trend – you may be surprised by the answer! •

COOL CAREER PROFILE:
indoor **climbing instructor**

your job: Unless your name is River – or Blue – and you just had a big bowl of mashed yeast for lunch, then forget it. Move on to the next profile, sunshine. Actually, we're just kidding. Perhaps you've spent some time learning the basics of rock climbing and have taken up the sport full tilt. Then, one day, someone from the gym walks up and asks you if you want to share your climbing wisdom with the masses. Or maybe you hear a calling and answer an ad. A career is born.

your training: You've already spent a lot of time at the gym, and you're real smooth at the sport. That doesn't cut it though. There's a test that you must take, usually administered by a provincial climbing gym association. If you pass, you're certified to teach. Well you didn't expect to waltz in off the street with no experience and launch a career as a climbing instructor that very day, did you?

Keep in mind there are also subjects you're taking right now in school that could help you with this job later. Phys Ed is an obvious one but consider how you might apply your knowledge of Physics to the task of scaling a wall. And remember learning about all those muscles in Biology? Even your Geography or Social Studies could be useful to you later – especially the stuff you learn about rock formation. And if you're going to be an instructor, you'll sure be needing strong English and communication skills.

your gear: Not a lot is required. A harness, climbing shoes, chalk bag, ropes (usually set-up in the gym) and a belaying device (which stops the climber from face-planting the cold, hard ground). That's about it.

bragging to your buddies:
If they say: "What is it you *really* do? Do you actually *work* for a living?"
You say: "I climb really tall walls all day long. It's really a blast – if you have the guts for it. (At this point, stare them in the eyes without saying a word for a few moments. Make them feel your power and nerve. Don't feel bad if they start to tremble with fear. Just keep staring.) While I work I'm getting some pretty wicked exercise and I also get to work with people all day long. I feel that rush every day – the sense of really accomplishing something. Sometimes a customer will give me that 'what have I gotten myself *into*?' look when they first see the wall they're about to climb. But after a lesson with me, they're scaling 36-foot rock walls. I like that."

a bad day at the office: "I'm trying to stay positive. I know customer service is *really* important. But here's the deal. On one side of my field of vision is the loudmouth screaming at me about the prices. On the other side is Mr. Comedy halfway up the wall, dangling an arm and a leg, looking for laughs. Never mind the fact that he's endangering the safety of the climber directly below him. This is my worst retail nightmare, times 10."

PHOTO COURTESY OF VIRTUAL ADVENTURES

the reality box

WHAT TO KNOW:
There's a big demand for what you do. Rock climbing is growing in popularity – hence the need for instructors. But keep in mind that the sport is much more common in Western Canada – especially at resort centers. If you're hoping for a job as a climbing instructor in Eastern Canada you'd better have another part-time job lined up as well or you'll starve. Also, you'll want to be a people-person – no matter on which side of Canada you plan to work in this field. Some customers learn more slowly than others – so have some patience.

WHERE TO GO:
Look into your provincial climbing association for certification. You might be able to get info at a rock climbing establishment, too. These days, even some of the bigger gyms or health clubs have climbing walls and offer classes. Make some calls. Some cool web sites to check out are: the National Sport Climbing Committee, Youth Division, at www.spirit-west.com/nsccyouthdivision/index.html, the Ontario Rock Climbing Association at http://bigmac.cns.brocku.ca/~orca/, the Federation of Mountain Clubs of British Columbia at www.mountainclubs.bc.ca/ and The Calgary Mountain Club at www.geocities.com/yosemite/4163.

HOW'S THE DOUGH?:
Climbing a wall doesn't necessarily mean you'll be climbing the ladder of financial success. Indoor instructors make around $9-10 an hour. Outdoor rock-climbing instructors make about $100 per day (for an eight hour day, that works out to about $12.50 an hour).

WHERE ELSE MIGHT THIS GO?:
If you're considering becoming an indoor climbing instructor, there are also plenty of other related cool career opportunities to think about. Aside from outdoor rock climbing instructors there are also mountaineers – specially trained to take people up mountains. Then there's the entire field of occupational health – and who do you think teaches firefighters and police officers to deal with the heights they sometimes face? In fact, there's a natural relationship between mountaineering and search and rescue missions. Of course, you could also look into launching a career in personal training or even teaching. Or heck – open your *own* rock climbing business. Show 'em what they're missing in Eastern Canada!

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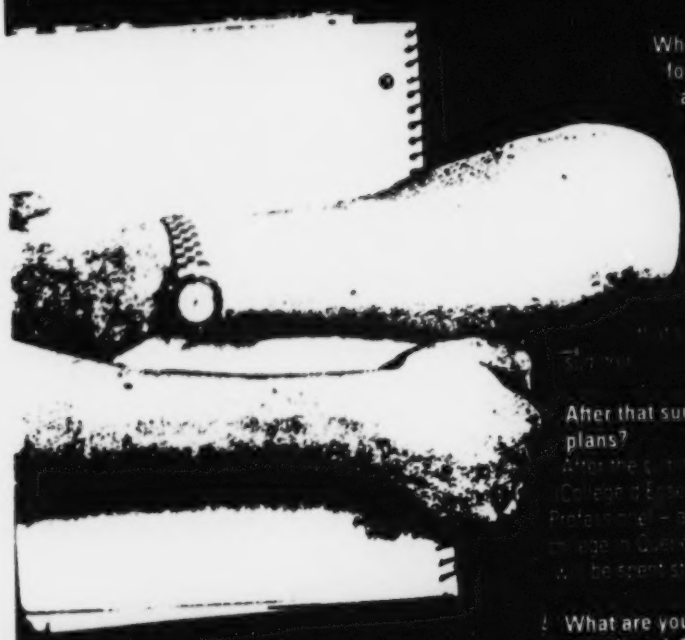
The decision whether to go to university or college can be a tough one. The Edge introduces

I'm Going To Un

S

"I'M GOING"



What do you plan to do for the summer right after you graduate from high school?

After that summer, what are your plans?

What are your long-term educational goals? How long will you be in CEGEP or university?

If you're studying after high school, where do you think you'll live?

How will you pay for your education? (Will your family assist you? Have you worked recently?)

What are your short-term career goals? (What would you like to do once you have graduated from university?)

What are your long-term career goals? (Where do you see yourself in about 10 years? 20 years?)

Do you have friends who are not planning to go to university or college? What do they think of your decision to pursue your post-secondary education?

...ou to two Canadian teens who have made different decisions for different reasons.

...versity — I'm Not

...the past two decades – ouch! For others, well, they simply don't want to go.

No preaching here, though. We're not going to say you have to go to university to be successful. Many, many people have reached their goals without earning a piece of paper from a university or college.

The keys to getting work are to figure out what you like to do and what's important to you, build skills and to have a great attitude. Yes, you can build skills at university or college. But you can also learn skills and build your career in other ways, through internships, apprenticeship opportunities, other pro...fessional training programs and even on the job. As for attitude – you can't study for or get a degree in it. Developing a positive attitude is up to you alone.

Look – when it comes to the question of university or not, make a decision and then stick to it, at least for a while. Be proud of it. Give yourself a fair shot to succeed. Then, if it's not working for you – change it.

Geneviève, from Cabano, Quebec, and Harvir Binning, from Vancouver, British Columbia, have made their decisions. Here's what they say about it.

"I'M NOT"

Harvir Binning

What do you plan to do for the summer right after you graduate from high school?
After I graduate, I will travel to India and then I will travel to other places in the world.

After that summer, what are your plans?
After I travel, I plan to get involved in my family business with my dad in a fast food franchise (Subway).

What will you do if this doesn't work out and you can't find a job?
If I can't find a job, I will take a small business course at community college.

If you're working after high school, where do you think you'll live?
I will live with my parents – even after I am married. That's usual for Indo-Canadian families.

What are your short-term career goals? (What would you like to do in the first three or four years after you graduate from high school?)
The first year after school, I will travel. Then in my second and third years, I will work with my father and the fourth year, I will get married and take over the business.

What are your long-term career goals? (Where do you see yourself in about 10 years? 20 years?)
In 10 to 20 years, I see myself with one or two kids and owning a multi-million dollar business.

Do you have friends who are planning to go to university/college? What do they think about your decision not to pursue post-secondary education?
Yes, I do have friends who are going to college or university and they always tell me that I don't need to go to college because they think I am set for life. But I tell them, yes, I'm set for life, but I still need to work hard. They are fine with my decision.

Why have you decided not to go to university or college?
Education is not everything in life because if you have a strong mind, you don't really need education. I have a strong mind because whatever I do, I put my mind into it.

Are you happy with this decision or do you have some doubts?
Yes, I am happy with my decision, but my family might have some doubts.

By not going to university or college, do you think you'll be missing out on other

continued page 14

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Why have you decided to go to college or university?

Are you happy with this decision to go to college or university?

By going to college or university, do you think that you will be missing out on other things in life? If so, what will you be missing out on?

What do you think of people who decide not to go on to college or university? What do you think they're gaining? What do you think they're missing out on?

In two sentences, convince readers that they have to go to college or university to achieve success.

things in life? If so, what will you be missing out on?

No, I think I won't be missing out because I can do the same things as college students and still not go to college or university.

What do you think of people who decide to go to university or college? What do you think they're gaining? What do you think they're missing out on?

I think it is good that they move on to education, but they might gain something if they get a job right away. They might miss out on a lot – they want to go out, but they can't because they have to study. I think they could gain a lot by going out because they could see different things and meet different people.

In two sentences, convince readers that they don't have to go to university or college to achieve success.

You need one thing in your life and that is your mind. If you put your mind to something that you are going to do, you will be successful in life.

TELLING MOM AND DAD

Here's the deal – the parental units have always dreamt of you going to university or college to learn big stuff and then earn big bucks. They're so excited, in fact, that there's a space on the wall for your degree. But – you've decided not to go. How can you help them accept your decision?

What to say:

- "I think that it's important for me to develop some skills right now outside of a classroom setting. I'm eager to work very hard at a challenging job."
- "I'm not saying I'll never go to school. I won't rule it out for the future."
- "I don't want to waste my time and money by going to school if I'm not sure what interests me. I need to take some time, learn on my own and decide what I want to do with my life. And that decision might include school."

What not to say:

- "University? Are you nuts? I've missed a lot of daytime TV over the past 13 years of school. Now it's time to catch up on *All My Children*."
- "School's OK for some people, but I figure I can learn as much surfing the Net a few hours a day."
- "I'll get a great job after high school, save up some dough while I live here with you and then I'll go out on my own. I figure I'll have saved enough in about six years."

What if you want to go to college or university and your parents aren't crazy about the idea?

It could happen. Tuition is getting higher all the time and living expenses are right up there, too. Sure, your parents want you to pursue your dreams, but they might not have the cash to help you out as much as they'd like to. So, whaddya do?

It's a tough question. The key is to make sure your parents understand why you want to go. Talk to them about your goals, your aspirations and your future. Show that you're sincere. Tell them you care about their concerns and that you want to find the best way to make this post-secondary educational goal happen.

Some ideas:

- If your parents want to foot the bill but can't afford to part with the money forever, maybe you can work out a plan to pay them back.
- Your parents might be willing to co-sign or secure a student loan.
- If you're planning to live at home while going to school, maybe your parents will let you have greater access to the family car so you can hold down a part-time job more easily and even get more hours. See if you can postpone paying your share of the car expenses. (Maybe they'll even relieve you of some of your household chores so you can get more hours at work.)
- Ask for your parents' help in researching scholarships, awards and bursaries. By the way, check out www.studentawards.com – a great web site with loads of info about major, big-name scholarships and some lesser-known ones, too.
- Consider taking a year off to work, earn money and plan before you enter a post-secondary program.
- Find out what other families in your situation are doing. Ask your parents and your friends for their ideas.
- Above all, talk with your parents about your decision. Communicating and working together will help. •

We're asking you:

Why have you decided to go to university, like Genevieve Thibodeau, or not to go to university, like Harvir Binning? Tell us – and thousands of other Canadian teens like yourself – when you visit *The Edge Internet Magazine* at www.theedgemag.org (look for the "I'm going to University – I'm Not" link).

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SCORING IN YOUR INTERVIEW

Do you think job interviews are absolute torture? They don't have to be! You can increase your chances of being hired if you know what the employer is looking for and you can show your best qualities. How should you behave in an interview? Read on for some winning ideas.

You have butterflies in your stomach, your palms are sweaty, your throat is dry. Whether you're applying for a position as a camp counselor or a software engineer, job interviews can be intimidating. You are centre stage and the spotlight is on you. What should you say and do?

Don't panic. There are certain qualities employers want to see in a candidate and there are strategies you can use that will lead to success. In a job interview, your education, abilities, training and the impression you leave behind will come together to help you get that job. The better prepared you are, the better your chances will be.

GETTING READY

1 Know the employer and what they're looking for. Phone the company or organization before your interview to learn more about the job advertised and the company itself. They might have a helpful brochure. You might also find something in the public library or on the Internet. If possible, talk to someone who works there who might have some idea of what the employer is looking for. Doing some research shows you're serious and really interested in the job.

2 Talk about your best qualities. This is the time to sell yourself. Prepare a list of your skills and abilities. But take note: When a potential employer asks you about yourself, they're not interested in how many brothers and sisters you have! They want to know why they should hire you rather than someone else. Your answer should describe the skills and abilities that make you the ideal candidate for the job. Don't brag about your A+ in Phys Ed if you're applying for a job as a cashier! If it's a position where you'd be dealing with the public, mention your sociability and people skills, backing it up with examples and stories from your personal history. Often, when two candidates are on equal footing, it's these little extras that make the difference.

3 No experience? Look a little deeper! If you have no work experience, take examples from your leisure, school, or extra-curricular activities. The way you behave in the rest of your life reflects how you'll perform at work. Prepare a list of three positive qualities and one minor weakness. Present the weakness as something you're working at improving. For instance, if you're applying for a job in a health-food store but don't know much about their products, mention that you surfed the Net to find information before the interview – and tell them what you know! (You don't have to mention a weakness if you're not asked, but if you are, don't say you're a perfectionist. It's a response that's used way too often).

BREAKING THE ICE

When you arrive for the interview, remember to:

- shake hands with the interviewers
- wait until you're invited to sit down
- sit up straight
- don't cross your arms (it might make you look stiff)
- make eye contact
- wear appropriate clothes (save those torn jeans for hanging out with your friends!)

It's also a good idea to ask the employer some relevant questions that you prepare in advance. You could ask questions like: how will I be trained? Will there be opportunity to grow and advance in this job? Think of things that you genuinely want to know. It's not the time to ask about wages or how many holiday days you'll be getting. If you don't have a chance during the interview to ask your questions, take the initiative at the end. Take advantage of this opportunity to clear up anything you want to know about the job.

FOLLOWING-UP

It's important to ask the employer when a decision will be made. You may increase your chances of being hired by sending a thank-you note to the employer after your interview. The day after their expected decision date, phone the employer to find out what their decision is, ask them for feedback about the interview and show, once again, that you're interested. If the decision hasn't been made yet, this phone call could be the determining factor. When the number of qualified candidates is large, these small details can give you the edge. It's worth it to use every advantage! •

wdemouthmason

THE FIRE INSIDE

A life in ROCK 'N' ROLL is a maze of highs, lows, creative musicians

You may, already, know something about Wide Mouth Mason's history. Perhaps you've heard that the guys grew up together in Saskatoon, scored two top 10 hits with their debut major label CD [illegible] debut album released in 1997, and even opened for the legendary, if not old enough to be their grandfathers, Rolling Stones.

What you might *not* know is that there's a fan built web site about WMM that is nearing a devotional state. Loving Wide Mouth Mason at duke.usask.ca/~burgess/matt_mason.html, and that drummer Salwan Javed is something of a philosopher.

It sounds cheesy and cliche to say 'just do what your heart says and do what will make you happy.' But there's a reason why cliches are made.

Javed knows what he's talking about. He and his bandmates have one gold album (signifying Canadian sales in excess of 50,000 copies) and a second major label release, *Where I Started*, in stores now. They've sold out cross Canada tours and opened for big time bands like Collective Soul and ZZ Top. The list of achievements makes it seem like Wide Mouth Mason was destined to succeed.

work long hours and deal with a lot of stress and business stuff

beyond having new guitar picks and Mars bars backstage

But the band's inevitability actually wasn't that obvious at the beginning. Javed and guitarist/vocalist Shaun [illegible] have known each other since they were kids attending the same elementary school in Saskatoon, Saskatchewan. Javed tells the story.

We both went to the same school, he explains. Well, he went to a funny, weird kind of freethinking, open school thing, which became a separate wing of our school. The connection with music happened right away.

Then around high school, I sort of ventured away. I started to get into sports and other things, whereas he knew right from when he was young that this was what he wanted to do.

he couldn't have it any other way

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"He came across Earl (bassist/vocalist Earl Pereira) who was at another high school. A few years after that, when we got to the college level, the three of us hooked up."

And that's when things really started coming together, right? Well, not exactly. With Pereira and Javed in university and Verreault working two jobs, the trio's future was far from certain. For Javed particularly, ditching his studies was out of the question.

Although he says he didn't exactly receive "pressure" from his parents, it had always been ingrained in his mind that going to university was the only option if you wanted to do something career-oriented.

"I'm a first generation Canadian and when your parents come from a different country there's an opportunity that's being created for you and to not take advantage of that – specifically with regards to education – is almost like a slap in the face. My parents have never said that to me but now, reflecting back on it, that's what it looks like to me."

Javed stalled his bandmates long enough to finish a three-year degree in Religious Studies before committing to the exhausting schedule and demands of his new career.

Many people think musicians have easy lives, that they sleep until noon and work a couple of hours while they're on stage. In fact, some people don't consider being in a band a job at all. Javed has something to say to those people.

"I'd say that on one hand maybe you're right in that if a job entails this thing you want to get away from and relax from, then partially you're right because I don't want to get away from playing music. I love it. But there's also this whole other side of it – the business world of it – that's pretty hectic.

"Switch places with me for a little while or just run the hours I run and see if you can deal with the phone calls all day long and the almost inane-seeming decisions and discussions that take place – just the constancy of them. The business world works on a 9 to 5 basis and in Canada, there's three- or four-hour time differences across the country so that spreads the day out even more. And then our jobs usually start around 11at night and by the time I'm wound down and ready to actually sleep it's usually no earlier than four in the morning."

Not that he's complaining about the long hours, business details, life on the road or anything else.

"You know, we go out and play and it's the biggest thrill of my life. There's nothing I can think of that I would choose to do that would be more enjoyable for me. The thing that I'm happiest about with the decisions I made – and most content with – is I knew I had to do something that I enjoyed doing."

Which brings us full circle, back to what the young rock philosopher said at the start of our conversation.

"You have to enjoy your life because if you don't, are you really living? Find out what fire is inside of you. Find out what the passion is. Look for that and follow it." •

"You have to enjoy your life because if you don't, are you really living? Find out what fire is in inside of you. Find out what the passion is. Look for that and follow it."

Who are these guys?
→ Shawn Verreault (guitar & vocals) Earl Pereira (bass & vocals) and Safwan Javed (percussion & vocals)

→ What kind of music do they play?
Just ask them. They say, "our sound is whatever comes out when the three of us play together." They're influenced by a bunch of genres – pop, blues, funk, jazz, reggae and psychedelia.

→ What are their albums?
Self-titled *Wide Mouth Mason* (1997) and *Where I Started* (1999).

→ Did these guys grow up together in Saskatoon and attend school together?
Yes

Did Wide Mouth Mason headline in western Canada and then land a major record deal and open for Big Sugar even before their first album was released?
Affirmative.

→ Were "Midnight Rain" and "My Old Self" from their first album both top 10 hits?
Right again

→ Did they earn a standing O at the Montreaux Jazz Festival in Switzerland in '97 and then sell out a 24-city Canadian tour in January '98?
Look... apparently you know everything about these guys. This question and answer thing is a sham!

→ I'm not done. Hey, were Wide Mouth Mason awarded Best New Group and Breakthrough Group at the Canadian Music Radio Awards and then nominated for a Best New Group Juno award?
I refuse to answer that question on the grounds it contains the answer.

Did Wide Mouth Mason open for the Rolling Stones in Toronto, Detroit and Milwaukee?
That's it. I'm outta here.

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Embarrassing
JOB MOMENTS

Ever been late for a work shift – as in showing up the next day? Have you ever spilled a drink on a customer? Ever lose your retainer in a big vat of the soup of the day? C'mon – everyone has had at least one embarrassing moment on the job. And you have two choices: you can try to forget about it or you can laugh about it.

Some of the bravest young Canadians of all time have agreed to talk about their biggest red-faced job moments. Cut them some slack – they've got guts. To share *your* embarrassing job moments, visit *The Edge Internet Magazine* at www.theedgemag.org. We dare you.

+ I USED TO work at a pool as a lifeguard. Our lifeguard chair was about two metres high. Every 15 minutes, I had to change places with the other lifeguard and it was my turn to climb down. I thought I could just jump down while holding onto a metal bar. I didn't notice that the edge of the pool was wet, so I jumped and landed in a puddle. I lost my balance and fell right into the pool. I was really embarrassed, since there were about fifty people there.

David Martin
Moncton, New Brunswick

+ I'M SURE everyone makes little mistakes when they are on the job. However, really big mistakes would get them fired. I don't recall making any big mistakes, but I do remember embarrassing moments on the job. It was my first job and I wanted to make a good impression. There were two teenage boys that worked with me. For them, it was a boring job and they just wanted to have fun. So, they wrote me little notes and made crank phone calls knowing that I would have to answer the phone. I just started the job, so they asked me questions that I had no answers for. When I went to ask my manager the questions, I found the two guys in her office on the phone. They started laughing and I was so embarrassed. Another time, when a phone call came in and sounded like one of them, I started questioning the person. "Do I know you?" I asked. I was really suspicious with the phone call, but it was, in actual fact, a real customer I was talking to. I apologized and told him that I thought he was someone else. Oops! Well, you know what they say: "Mistakes happen."

Karen Wong
Markham, Ontario

+ THIS PAST summer I was working in a restaurant. The music was loud, and I was dancing with a mop and a dish-rag. It was 30 minutes before closing time. When I turned around, there were three teenagers waiting to order. It was the most embarrassing moment of my life.

Danielle LeBlanc
Richibucto, New Brunswick

+ MY MOST embarrassing incident at work happened when I was 16. I had just started my new job stocking shelves, keeping the place clean and sometimes answering the phone. It was my third day on the job and I was still catching on about what to do when suddenly, I had to use the bathroom. When I got to the bathrooms, they were all occupied but the boss's bathroom was open. No one is supposed to use it, but I couldn't wait. When I flushed, to my surprise, the toilet began to overflow and there was no plunger in the bathroom. So I started to unplug this thing with my hands... and in walked my boss. There I am – my hands are filthy, my shoes are soaked and I turned beet red. My boss wasn't happy either. I nearly cried.

Jess Stevenson
Regina, Saskatchewan

+ I WORK for a rental car agency and driving cars is part of my job. I had worked for the company for almost a year without so much as scratching a vehicle. I was fairly proud of this achievement and often bragged about my clean driving record. Then, one day in winter, I was cruising down the highway and lost control on some ice. As I spun across three lanes and into a ditch, I only thought of my boasting ways. Soon, another service agent, who was driving a little ways behind, came and picked me up. For the next month, I heard nothing but, "Good work. Maybe next time you can stay on the road." Man, did it suck.

Lee Marsh
Leduc, Alberta

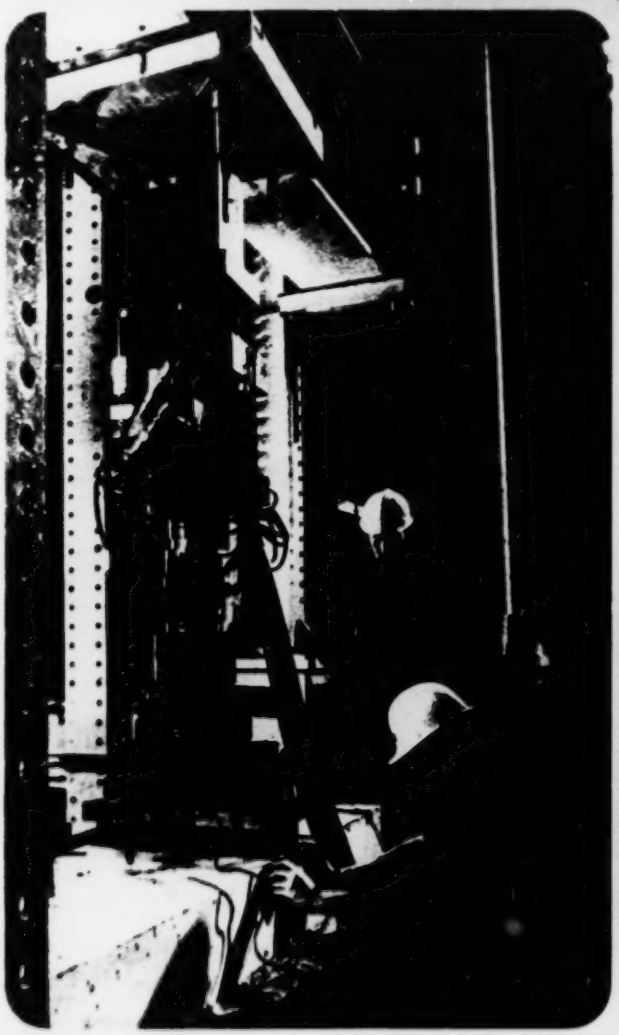
COOL CAREER PROFILE:
product **certification tester**

your job: As a product tester, in this case for hockey helmets, you've studied engineering at a university or college for a long time. The minimum requirement is a three-year college diploma in engineering technology, and then you'll want to be a good listener, because a big part of it is learning on the job. No, you don't have to know how to play hockey. And no, you aren't required to sit there strapped into a helmet while some clown fires pucks at your head. It's a little more sophisticated than that. You are expected to test prototype or model helmets from manufacturers to make sure that the product is safe.

your training: You've graduated from high school, gone to college or university, and now you're an engineer (you *knew* there was a reason you paid attention in high school Math and Physics... and thank *goodness* for Electronics and Machine Shop!) Congratulations. Now what are you going to do with that piece of paper? The Canadian Standards Association is the place to go if you want to test hockey or bike helmets or any other product, for that matter. Here, you'll work with manufacturers to help them understand the certification requirements of their chosen markets. And in order to get into the CSA, in one of the many product areas in which they test, you have to pass an exam, to show them you're somewhat competent in your area of interest. (And don't forget to thank your *mom*, for "*strongly encouraging*" you to take that business class and the one on social sciences!)

your gear: A really hard head. Just kidding. Not a lot of gear is required. You get to play with dimensioning equipment and other tools that test compression forces, impact forces and the like. There's an air cannon used to fire pucks at the helmet.

bragging to your buddies:
If they say: "What do you do all day? Sit around wearing goofy helmets while something clonks you on the head?"
You say: "Guess again, buddy. The process is a little more scientific than that. I actually get a lot of satisfaction out of OK-ing products that could, in the end, save a life. (At this point in the conversation, remove a tape measure from your pocket and measure your buddy's head. As you determine the circumference of his cranium, place the tape measure back in your pocket as you shake your head and say 'tsk, tsk, tsk.') Anyway, how many times have you seen a scary situation at the local rink, when a young player hits the boards in an awkward way? Helmets that pass specific national standards will most likely save that person's life or at the very least prevent serious injury. And what about something like a bike helmet? How many times have you read or heard about serious head injuries involving cyclists? I'm helping people."



a bad day at the office: "If there is a problem with a manufacturer's product, like a hockey helmet, then I should break out the Tylenol and get ready for a long day. If there's a weakness, a failure, a complication – anything at all – it's a stumbling block for everybody, and I have to go back to the manufacturer and have them re-work the design."

WHAT TO KNOW:
There's opportunity in the field if you invest in the education. It's a bit of a long haul but then nothing worthwhile comes for nothing!

WHERE TO GO:
Check out engineering programs offered by universities and colleges. You'll need that first. Call the Canadian Standards Association to find out more about the exam you have to pass (or check out their web site at www.csa-international.org.) Talk to school advisors about product testing and they'll direct you to the right courses.

HOW'S THE DOUGH?:
In general, salaries for product certification testers range from $25,000 (low end) to $47,000 (middle range) to a whopping $68,000 (high end).

WHERE ELSE MIGHT THIS GO?:
If you're interested in becoming a product tester, there are some other cool career options you could consider as well. You've got a wonderful knowledge base just by having gone through the process – not to mention an engineering degree. These skills could take you in the direction of product design or maybe technical sales. You could also look into becoming a market analyst, a publicist or an advertising copywriter. Or if hockey (and not the product testing part) was the draw, there's sports equipment sales, sports writing, or even sports medicine. And just to take your mind on one last tack – what about becoming... an inventor?

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let it OUT!

Face it. You've been there. The stress gets so bad you just want to scream until the paint peels. Well, learning to manage the combined pressure of school, your family, your social life and planning for the future can help you get through it all with flying colours.

It's Thursday. 10:30 a.m. Mr. Phillips is about to ask for the geometry problem sheet that was due today. You haven't done it. You were going to get to it last night, but you were too busy finishing that science project that was late. And it's still not quite finished.

You can hardly wait to graduate and get out on your own – school's a hassle and your parents have been driving you nuts lately, especially after they found that package in your room. Great – another lecture about responsibility. Maybe they can at least hold off until you've got a free minute.

Your boss is ticked off at you because you've been declining some shifts to get your school stuff done. The job's crappy anyway. And the more you talk to your boss about the situation, the worse it seems to get. Your friend's party is this weekend and you don't have a date. You shouldn't go to the party anyway because the English essay about *Wuthering Heights* (*booorrrrrrinnnnggg*) is due Tuesday. And that's the day you promised to go with your friend to the clinic. Your mind's racing like a rocket. It's 10:35 a.m.

STOP!

The stress will drive you crazy if you don't get it under control. It can also mess around with your body. If you're not managing your stress well, you could be in for a pile o' health problems. In older folks, bad stress management can lead to heart disease, diabetes, high blood pressure and more. Dr. Bryan Hiebert, a psychology professor and stress management expert from the University of Calgary, says that teens can suffer ulcers and migraines from stress. In fact, Hiebert has been treating a Grade 10 student whose tension headaches were so bad she could only make it to school one day a week.

We Need Stress

If it wasn't for stress, we wouldn't be here today. The dinosaurs would have devoured us and used our ribs as toothpicks millions of years ago. It's stress that gives us the mental and physical boost to react to challenging situations. When it comes to danger, we need that "fight or flight" instinct.

When the prehistoric cave dwellers were threatened by a dinosaur, Mr. and Mrs. C. knew to beat the lizard off with a stick or run like the wind. They didn't kick back and offer the dinosaur a slice of tree bark and a cup of tea.

In dangerous situations, our instinctive stress-coping mechanisms can give us the power and nerve to save our hides. In mental situations – like too much work, family demands, lousy social life, worry about the future – an appropriate amount of managed stress will motivate us to change our situation when we need to and keep moving forward.

So, What's Stress?

Stress is not too much homework. Stress is not being short of money. Stress is not being turned down for a date or a job.

Stress doesn't come from what's around you. It comes from what's inside of you – from how you see things and interpret situations. Stress is the difference between the demands placed on you and your personal beliefs about your ability to handle those demands. The bigger the gap, the greater the wear and tear on your body and mind.

So, there are a couple of ways to react to the gap between demands and how you think you can handle them all. Firstly, you can do whatever you can to change the demands that are placed on you. If your parents are asking you to perform too many household chores during exam time, for example, negotiate a better deal.

Secondly, you can work to change your perception by changing how you look at the situation and by being more positive and confident in yourself. Can you really not handle the demands, or have you just convinced yourself too quickly that you're in over your head?

The real key, though, is learning how to improve your ability to cope.

Can Your School Help?

On page 26 in this magazine, we talk about the role you can play in trying to change your school to suit your needs better. Getting your school to play a meaningful role in encouraging stress management education could be a pretty key place to start.

The kinds of demands being placed on you today are different than the demands placed on teens just a few years ago. Today's demands are very psychologically, well, demanding. The demands are future-oriented and nerve-wracking and emotionally exhausting. Is *your* school helping you cope?

"We don't teach teens how to handle those kinds of demands in school very well," says Hiebert. "Most demands are cognitive, not physical." In other words, they're demands of the mind – of the way we think – and not demands of the body.

"For the most part, right now, schools are at best only doing a partial job for a small number of teens."

What About You?

Here are just a few ideas that can help you manage your stress:

Talk to someone who can help

A good friend, a family member, a teacher, a school guidance counselor or a youth worker at a Community Health Centre might be able to help you or point you in the right direction. Go with a friend and see what your school or community centre can provide.

Don't use the s-word

Just by calling a situation stressful, you can make it so. Remember, your brain and body react to your *perceptions*. So, don't call a situation stressful and don't say that you're stressed. Say stuff like, "This is crazy, but I think I can handle it." Even saying something like, "This is really hard... but I'll do what I can" is better than saying "I'm stressed!!"

Keep score

Prof. Hiebert suggests taking a piece of paper and labeling one column "Plus" and the other column "Minus." Whenever you have a good thought about yourself, put a check in the plus column. Whenever you have a bad thought about yourself, record it as a minus. When you start, you'll likely see more minuses. But keep track of the list, and watch the plusses grow! It might seem a little hokey... but if it helps to reduce your stress, why not?

Breathe

Deep breathing is incredibly relaxing and helps your body deal with stress. Prof. Hiebert recommends a specific, quick technique called a QR (quieting reflex). It takes about 20 seconds:

"You breathe in to the count of four and then out to the count of four. Then take a second four-count breath in and on the second four-count breath out, you let your jaw

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sag and imagine a wave of relaxation that flows down from your jaw to your chin, then up through your face, across the top of your head, down through your neck and shoulders, biceps, forearms and wrists, hands and fingers, down through your body, and into your legs, ankles and feet, all the way down to the tips of your toes."

Positive words

It sounds goofy, but put a sign in your locker that says, "I can do it." Your body and brain will start to internalize the message.

Exercise

Making your muscles work when you're feeling stressed deals with the body's urge to react through "fight or flight." It also helps to blow off steam as well as to energize you. Cruise around the block on your bike, blades or board, dance up a storm in your bedroom or turn cartwheels across your front lawn. Whatever you choose – just keep moving!

Good eats

Eat enough good, healthy food to provide energy for those cartwheels. Stay away from too much fat, caffeine, sugar and alcohol. And – yeah, we know you've heard it before, but – don't always leave your peas on the plate!

Your goal with these tips isn't perfection. And we're not saying that to successfully manage your stress you've got to do all of these things, all the time. Heck – trying to accomplish *that* would be pretty darn *stressful!* But each time you weave one of these ideas into your life you'll be one step closer to a cooler, calmer you! Try them!

For more stress tips, check out our interactive "Stress Test" on page 29. •

GUIDED IMAGERY

Imagining yourself in another location

we're talking about a peaceful location, not a rock concert, demolition derby or a paint ball place – can be very calming and relaxing. It's called visualization.

This script can help you release some of the stress of the day. You can try to commit it to memory, you can record it with your own voice into a tape recorder or a friend can read it to you and then you can return the favour.

Make yourself comfortable, loosen any tight clothing, unplug the phone and prepare to relax. Here we go...

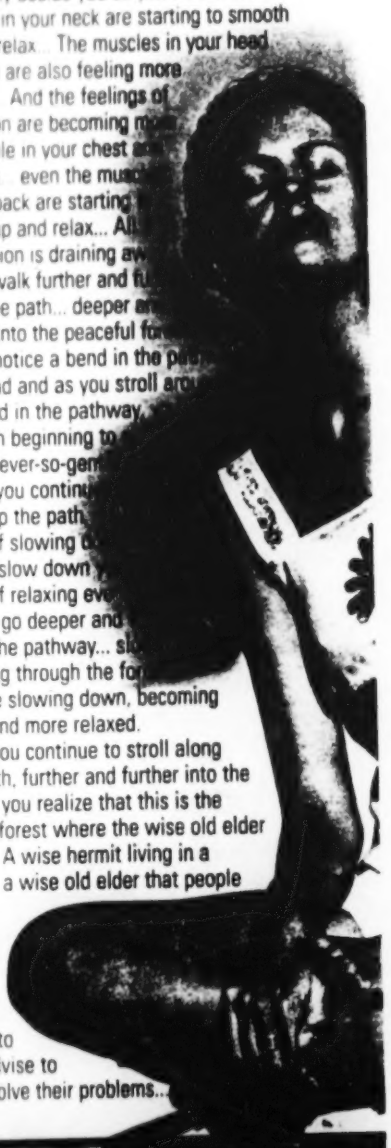
Close your eyes and imagine yourself going on a leisurely afternoon walk, a pleasant stroll through a peaceful green forest... It is a beautiful afternoon, the sun is shining, it's warm but not too hot. You start off strolling down a shady path...a nice wide path, with layers of pine needles under your feet... The ground is soft and gentle beneath the touch of your foot... The sun is filtering down through the trees... little patches of sunlight are dancing here and there on the path... It is a warm and pleasant day... Your whole body feels warm and alive and peaceful.

As you stroll along the path, you begin to unwind and feel more relaxed... Your hands and arms are swinging loosely by your side. They're feeling pleasantly warm and relaxed... It's a peaceful, warm and relaxed feeling... Continuing to walk along the path, you find yourself relaxing more and more, as you stroll further and further down the path... The smells in the forest are refreshing... You can smell the fresh, green smell... The pine trees and the fir trees give a fresh green forest smell and you become more and more aware of it as you walk further along the path... It seems somehow fresh and peaceful and relaxing... As you walk along the pathway you feel yourself beginning to relax more and more... more and more deeply as you stroll along the pathway... The sunlight is dancing on the path, the fresh green smells and the cool pleasant shade are giving your body that just-right feeling of peaceful warmth... not too warm and not too cool, just comfortably relaxed.

You continue to stroll along the path, not looking at anything in particular, but just enjoying the pleasant relaxing experience. Your hands and arms are hanging peacefully by your sides... In fact you notice that a relaxed feeling is becoming quite profound all the way down from your shoulders... to your arms... and your hands... they are swinging peacefully beside you as you walk... The muscles in your neck are starting to smooth out and relax... The muscles in your head and face are also feeling more relaxed... And the feelings of relaxation are becoming more noticeable in your chest and stomach... even the muscles in your back are starting to loosen up and relax... All the tension is draining away as you walk further and further along the path... deeper and deeper into the peaceful forest.

You notice a bend in the path up ahead and as you stroll around the bend in the pathway, the path beginning to... It is an ever-so-gentle... But as you continue to climb up the path... yourself slowing down as you slow down... yourself relaxing even... As you go deeper and... along the pathway... slowly climbing through the forest you are slowing down, becoming more and more relaxed.

As you continue to stroll along the path, further and further into the forest, you realize that this is the magic forest where the wise old elder lives... A wise hermit living in a cave... a wise old elder that people have come to for years and years to ask advise to help solve their problems...



LEARN TO RELAX

by Dr. Bryan Hiebert

It is the magical forest where the wise old elder lives... The wise old elder who answers your questions and helps you solve your problems.

As you stroll further and further along the path, deeper and deeper into the forest, you begin to realize that you would like to visit the wise old elder in the cave on the hill... and talk about that special problem you have... the issue you have been trying to sort out... the matter you have been searching for a creative solution to... And so you continue on along the path... deeper and deeper into the forest... slowly ascending the hill to the cave of the wise old elder who helps people bring their creative energies to their problems, issues and concerns... You feel good... anticipating the possibility of seeing the wise old elder.

Now you are coming out of the trees and into a sunny clearing on the side of the ...ll... The sunlight feels warm and relaxing... ...can feel the relaxation through your ...nd face... Your shoulders, arms, and ...el relaxed... You feel the relaxation ...t, stomach and all along the ... your back... Your whole ...ls peaceful and calm... ...positive and confident, ...ing your discussion ... wise old elder. ...Up ahead you notice ...e of the wise old ..., and lining the path- ...owards the cave you ...n large boulders bor- ...g the path... As you ...closer you notice that each boulder has a number inscribed on it... You continue to walk along the pathway towards the cave, and as you pass by the first boulder you feel yourself becoming even more peaceful... and more calm... You continue down the pathway, passing the second boulder and notice that you become yet more peaceful and more calm... somehow even more relaxed than you were before... As you pass by the third boulder, the peaceful feeling becomes even more profound... your arms and your shoulders are still swinging loosely by your side... The muscles in your legs are relaxing, so they seem to move all by themselves, without any effort from you... You continue on and pass the fourth boulder... and that profound feeling of deep calm spreads through your body and becomes even more pleasant and deeper... You continue along, passing by the fifth boulder on the way to the cave... feeling more and more relaxed... more and more peaceful... You feel even calmer as you pass by the sixth boulder... And as you pass by boulder number seven... you somehow sense your mind clearing... all interfering thoughts are draining away... and you begin to sense that you know why this is called the magical cave of the wise old elder... And as you pass by number eight, your body is remaining peaceful, calm and relaxed... your mind is remaining clear and alert...

You are now starting to think casually about the matter you are going to discuss with the wise old elder... and as you pass by number nine you begin slowly mulling that matter over and over in you mind... the thoughts seem to just come and go by themselves, with no effort on your part... But as the thoughts slowly swirl around in your mind, you become aware of one or two alternatives that seem particularly attractive... some different ways of approaching the situation that you were not aware of before... for this is a magical forest where people's creative energies are enhanced... And as you pass by the tenth boulder you become even more relaxed... your mind is becoming even more alert... you are feeling certain that the matter you have been thinking about is on the verge of resolution.

You reach the cave and look inside to find it empty... you are the only one there... For some reason the wise old elder is away... But somehow just being in that cave, being where the presence of the wise old elder is so strong... helps you begin to resolve the matter you have been mulling over in your mind... It is almost as if the essence of the wise old elder is still there even though the physical presence is not... as you linger there in the mouth of the cave you feel the alternatives sorting themselves out... different options that you may not have formally been aware of present themselves and begin to sort themselves out... You begin to feel that you have a clearer idea of what you want to do... In fact, you sense a feeling of more assurance that the thing you want to do is the most appropriate thing to do in that situation... You begin to feel more and more that if you take that course of action things will work out as well as they possibly can... and you feel good... You realize that you have done it yourself... for the wise old elder was not even there... Somehow, just by being peaceful and calm... just by letting yourself go... and letting your mind clear up... you were able to help yourself become more aware of different alternatives and get a sense of which one you wanted to take... It feels good because you have done it yourself.

You slowly leave the cave... lingering on the pathway... You feel calm and at peace with yourself... thinking to yourself how calm and relaxed you are... and how you could recapture that feeling just by thinking of the word "calm" to yourself... Thinking of the world "calm" will be a reminder of how you felt while visiting the cave of the wise old elder... Just thinking of the word "calm" will help you recapture the feeling of peaceful relaxation... the creative state of mind... Just thinking of the word calm will help you become more relaxed, even more relaxed than you are now... even more clear-thinking than you were in the cave... an effortless kind of thinking where the thoughts come and go... where the matter seems to just work itself out... where you stop trying and just let it happen... When you think of the word "calm"... you will return to the same state that you were in when you were at the entrance to the cave... Your body will be relaxed... and your mind, all by itself, without any effort from you at all, will begin turning over alternatives and coming up with the best possible course of action.

Now you begin to leave the cave behind you, walking down the path... past those same numbered boulders... And while you walk down past those boulders you feel yourself starting to wake up... starting to become more alert... You walk past number five and on past number four... and you feel your body returning to its normal state... You pass by three and feel yourself waking up... You pass by two, your eyes start to open... and one. You feel alert and wide-awake, descending down along the pathway through the forest and out into the open where you began. •

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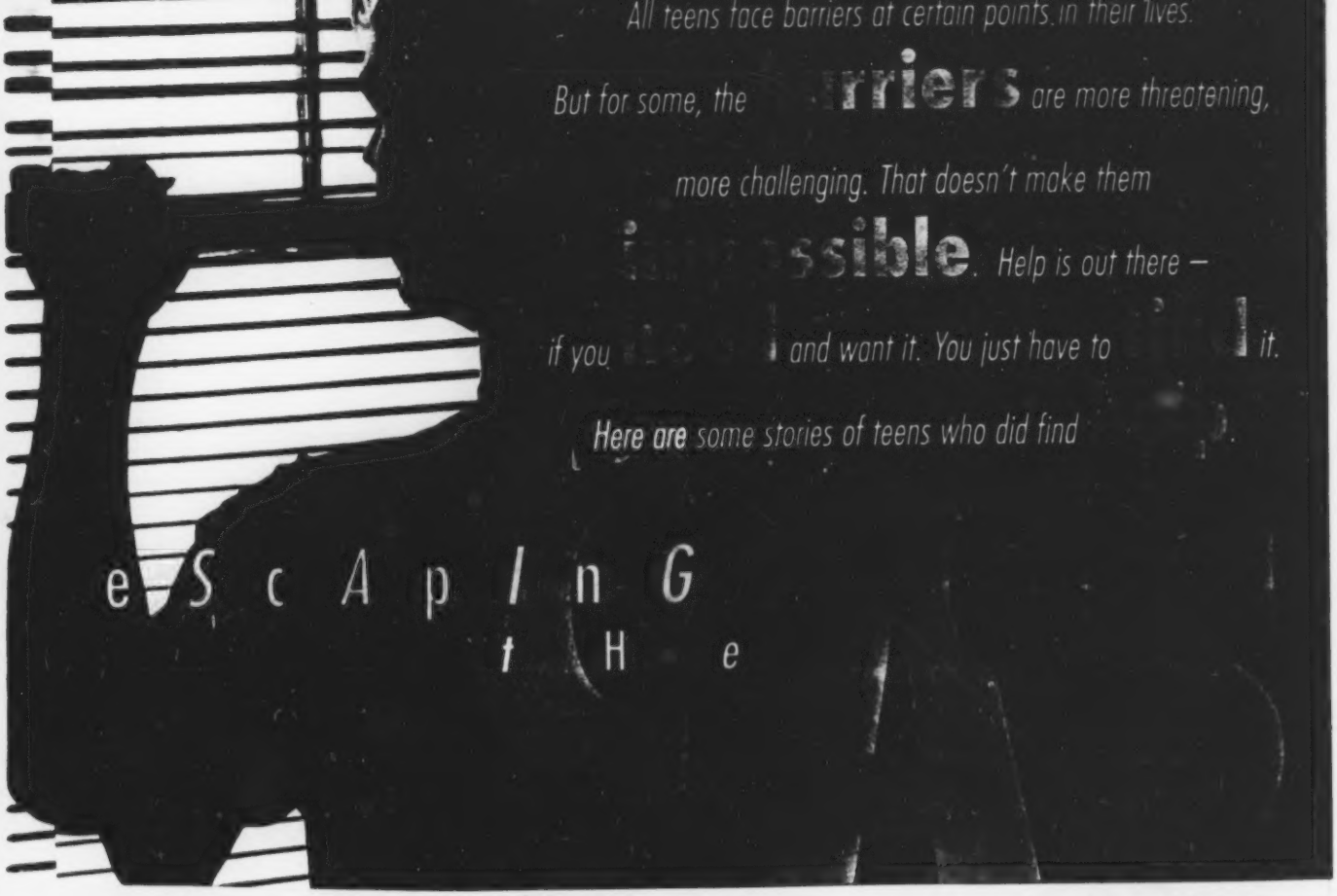
All teens face barriers at certain points in their lives.
But for some, the rriers are more threatening,
more challenging. That doesn't make them
ssible. Help is out there –
if you and want it. You just have to it.
Here are some stories of teens who did find
e S c A p I n G
t H e

The abuse in Burton's life began with his "alcoholic, drug abusing, degenerate rock star father." When his mother kicked her husband out, the abuse continued from her boyfriends.

One "tried to strangle me," says the Toronto 17-year-old.

"The following years I turned to drugs and alcohol and I spent my time on the streets, in jail, group homes, a foster home and at home," he continues.

Anna, also 17 and from Toronto, dropped out of school in Grade Seven and stayed out for the next three years. But it wasn't exactly by choice.

"There were problems at home with my mom," she says. "She was nervous... she didn't like to be alone." Anna says a part of her "wanted to stay with my mom my whole life," but later adds her mother was "over-protective" and also hit her.

Lynn Purvis, an employment counselor and life skills instructor at Winnipeg's MacDonald Youth Services, sees teens like Burton and Anna every day. Teens who are struggling to survive in a world that has been unkind to them.

"These kids have a sense of absolute powerlessness," says Purvis. "Their family environment has taught them that and society has taught them that."

"The educational system has definitely failed them, there's been failed parenting and an overwhelming amount of neglect, abuse and overall disadvantage," she continues. This lack of support can sometimes trigger unhealthy choices like drug abuse, gang involvement and crime.

Eventually it can become a life of absolute chaos, Purvis says. They learn to duplicate the chaos they've lived, which has ironically become their comfort zone.

"If they get into a situation that *lacks* crisis, they'll find it," she marvels. "That's what they know." And that can make it pretty difficult to finish school, find jobs, build lives.

Sean, 23, was kicked out of his house at 14. For the next two years, he was in and out of foster homes or living on the street. He says he felt hopeless about his future and like the world was out to get him.

"I don't think I trusted anybody at that point," says Sean, from Toronto as well.

Trust is a *huge* issue with many youth who are faced with serious barriers in their lives – such as damaging or unhealthy home lives. Who *can* they trust when the closest people to them have failed them?

Sean's feelings of the world being out to get him and like he had all the bad luck are also pretty common. Anna says she sometimes felt that way too.

"I felt I was going nowhere," she says. "I thought I was going to be on welfare for the rest of my life."

Trent, from Winnipeg, says he feels his future looks pretty bleak.

"I hate it right now. I can't really see one," says the 20-year-old about his future. Trent had a job but says he got laid off – then changes his mind: "I kinda quit. I couldn't keep up," he says, admitting to a problem with drugs and drinking.

Trent dropped out of school after grade nine and has been in jail more than once. But being behind bars isn't necessarily a bad thing, he feels.

"It keeps me off the street," he says. "I was hurting people. Every time I go in I feel safe."

There are many teens across the country who face seemingly impossible barriers – similar to the ones faced by Burton, Anna, Sean and Trent. And some of them simply won't make it. They'll just slip through the cracks. It's a harsh statement – yet one of the tragic realities of the world we live in.

But not all of them are destined for this. In fact, many, many teens facing incredible odds get through and find their way.

"We try to help them realize they *do* have options and they *can* make choices," says John LeFeuvre, Head of Community Liaison and Academic Studies at the Etobicoke

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Youth Centre (EYC), a Toronto community program for 16 to 26-year-olds.

Getting Out

Options? Choices? Where are they – amidst all the chaos?

Anna began to realize she had options and could make some changes in her life after meeting her current boyfriend.

"I finally took a stand in my life and I left home," she says. "I realized how bad things really were."

But she didn't do it on her own. First, she went to a shelter and it was there that she found out about the EYC, where she is now attending high school again and also has access to health and social services, recreation and employment counselling.

"It's good here," she says. "They're helpful and they encourage us to keep trying." Now she is living with her boyfriend and things are finally going more her way – because she asked for help and she made some choices for *herself* – instead of always doing what her mom needed or wanted and ignoring her own needs and desires.

"I started to feel better about everything when I (got) my own place and started going to school," she says. "I started thinking, 'I'm going somewhere now. I've just got to keep working.'"

Sean began to discover his options and to escape the chaos when he decided he *wanted* out. The turning point in his life was a personal realization – an acceptance that he had to make some major changes in his life and a readiness to make them.

"I realized if I was going to get anywhere I had to make some fundamental changes in my lifestyle," he says. "I needed to become consistent with where I was living, continue with my schooling (and work at cutting out) alcohol and drugs."

He did make some of those changes. He started going to school more regularly, eventually graduated from high school, then spent a couple of years working. He also began volunteering, especially in support of young people on child welfare and in poverty.

But Sean didn't do it alone, either. He got involved with a local group called the Pape Adolescent Resource Centre, designed, in part, to help youth develop their independence. Eventually, he went back to school to study technology.

"I made a choice... I don't think it works any other way," he says.

Today, Sean has his own computer consulting company, Fox Trot Developments. But it was years of hard work – after years of intense pain – that got him there.

Getting Help

Sean says youth facing barriers in their lives need to ask themselves where they want to be in five years. Once that's decided, getting there can be awfully tough to do on your own. Fortunately, you don't have to do it solo. There's help out there – it's just a matter of asking for it.

"When you know the system is there and it's designed to do this job for you, then *use* it," he says, adamantly. "The system was designed to (enable) people to get ahead in life. It's a stepping stone."

But what, exactly, is "the system"? It's slang for a network of organizations and resources available to people who need it. Like Winnipeg's MacDonald Youth Services. Like the Etobicoke Youth Centre. Like the Pape Adolescent Resource Centre. Each province has a variety of resources like these – it's just a matter of finding them.

Trent found MacDonald Youth Services which offers him help finding work, short-term personal counselling and many other services. Although he knows coming to the centre was a good decision, he's still skeptical.

"I think they can help me but I don't know for how long..." he says. It does take time and patience to build a relationship with those who are trying to help. And sometimes, the first place you go for help might not be the best place for you – it might not meet all your needs. But *that* place can help you find *other* help – which might work better for you. And for Trent, the point is – he's taken the first step: he's asked for help.

And it's the steps – even the tiny ones – that are so important. Contributions towards a goal don't have to be huge – just honest and ongoing. A first attempt at quitting drugs may only last a week. But the next attempt might last longer. And a first apartment might be a real dump. But it's a step towards a better one.

Burton and Anna both found the EYC. Since then, Burton says "I've focused on my work and am getting great marks," adding he's on student welfare. He's also cut down on drugs and is "finished with crime" – an activity that once supported the drug habit.

The EYC "has helped me to improve my life," he says. "If there is anybody out there in a position similar to mine or they are in dire need of a program like this, I suggest they communicate and talk to people about their problems..."

"Don't lose hope," he continues. "There are many programs like this around, you just have to talk to the right people."

But *who*? And *how*? Keep reading.

GETTING HELP MEANS FINDING IT FIRST

There are many, many resources available for people who need and want help. But *finding* them can sometimes be challenging. Here's some help... for *finding* help:

The first place you could call is an organization called **Kids Help Phone** (Jeunesse j'écoute): **1-800-668-6868.** This is a free, anonymous, confidential and fully bilingual national telephone counselling and referral service for 4- to 19-year-olds. It operates 24 hours a day, 365 days a year. The counselors who answer the phones will either offer you immediate help, advice or information, or, they'll refer you to the most appropriate resource (depending on your needs and situation) in your area. Kids Help Phone has the broadest computer database of resources in Canada, with about *27,000* listings of services for youth across the country. "We can plug them in very specifically," says Alexa Topolski of Kids Help Phone. She recommends that if you get a busy signal when you call, hang up and call right back; the majority of callers will get through by the second call. If you'd prefer to find out more about Kids Help Phone before calling, check out the Internet web site: **kidshelp.sympatico.ca** or **jeunesse.sympatico.ca.**

You can also do a bit of research on your own to find the help you need by using the yellow pages of your phone book. Look up key words like "youth" (or "child" or "children"), "crisis," "distress," "addiction," "community" or even "health" and "employment." Resource centres often have one of these key words in their names.

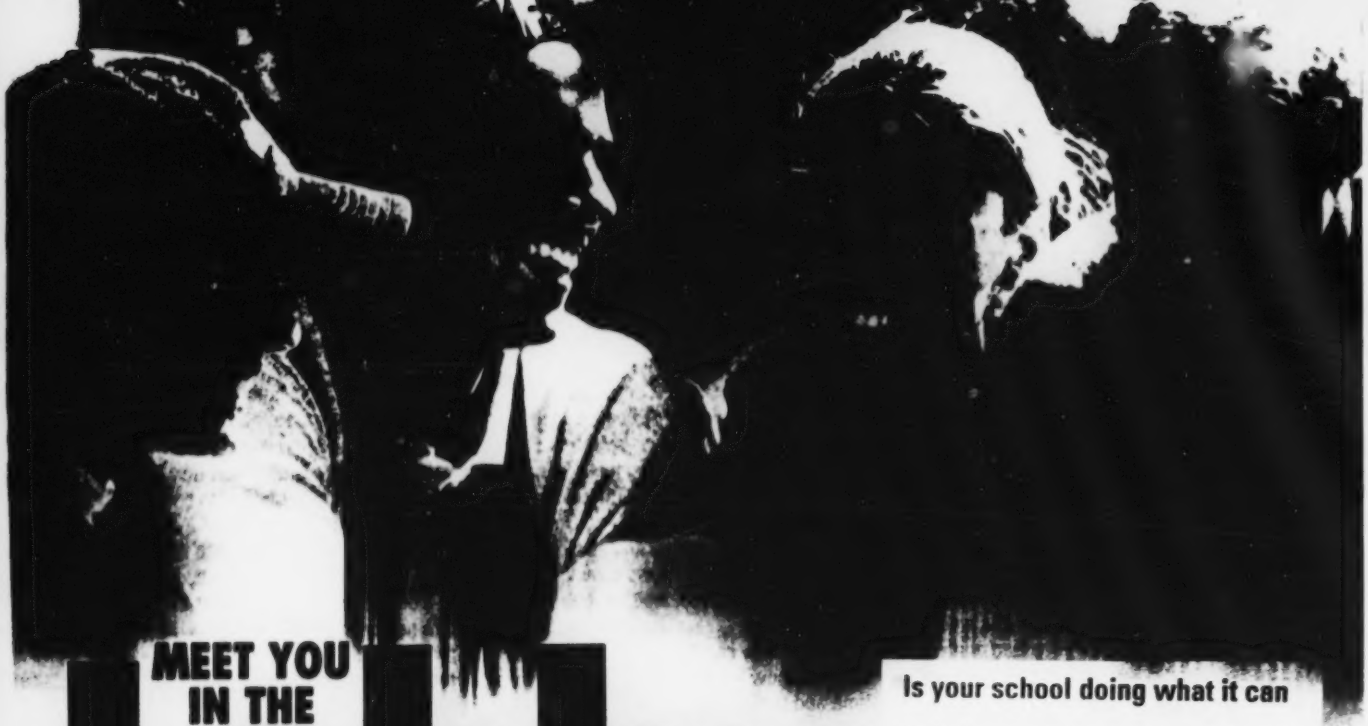
Other sources that might be of help in your search for resources include drop-in centres, shelters, churches, synagogues, mosques, local or community health centres or libraries. Different community health centres offer different programs and services; if you visit one, ask for information about what specifically they can offer you. If it doesn't look like they can meet your needs, ask for suggestions of where else you can go. At a library you won't find a counselor to talk to but you will find helpful books and other materials; libraries also sometimes have lists of services and resources available in that community. Talk to the librarian.

Be as clear as you can be about what you're looking for when you call or visit any of these places. Even though you don't know *exactly* what kind of help is out there, you *do* know what you *need*.

Be strong and firm (and polite) and don't let a busy receptionist discourage you. It's not a personal thing, they're just busy! If he or she can't help, ask for a suggestion of someone who can.

Don't get discouraged if you have to phone or visit several different places before you find one that can help you.

Above all, like Burton says, don't lose hope. Help is out there. *Ask for it!* •



MEET YOU IN THE Lobby

HOW TO GET THE SCHOOL YOU WANT

Is your school doing what it can to help you plan for your future? If not, do something about it. If you learn how to lobby as a hobby, you can make a difference at your school.

"The stuff we take is so boring. It's got nothing to do with what I want to do!"

Sound familiar? A lot of high school students feel this way. But if you think your school is lacking in classes that will help you achieve your future aspirations, don't despair about the situation... fix it!

Making change happen at your school isn't easy, but it's not impossible. With the right methods – and some patience – you and your friends could lobby for everything from a recycling program, a new vending machine or a more specialized automotive/shops class. The key is to make yourself heard.

That's what Ontarian Tasneem Kanji did. The Grade 11 student, along with a number of her St. Clement's schoolmates, felt the courses they were being offered were somewhat restricting. "Because it's a fairly small school, they didn't have a wide range of courses, and there were a lot of students in my school who were interested in business." Rather than sitting around and holding gripe sessions with her friends, Tasneem decided to take action to get the kind of course she wanted.

Working together with Junior Achievement (JA), a not-for-profit organization that helps students hone their entrepreneurial skills, Tasneem started the process of getting a business course launched at her school.

After several meetings with school staff and administration, Tasneem got the go-ahead to get the course going. "It was really formally done," says Tasneem. "I had started to do this last year and I had to hand in a proposal, talk to the principal and talk to several teachers."

"I had to **hand in a proposal**, talk to the principal and talk to several teachers."

Tasneem Kanji

Of course, getting the kind of classes you want won't be an immediate thing. If you want to bring about changes in a school, you have to let them know what you want, and the most effective way to do that is through lobbying. But don't run out and start painting picket signs or organizing a rally outside your principal's office. There are much simpler methods to make your concerns known, which are more likely to get the results you want without landing you in detention. Talking to your school's administration is one way. Written communication is another effective way to get your ideas across to the powers-that-be.

But just because you've made initial contact with your school doesn't mean your job is done.

PERSISTENCE IS THE KEY

Even after getting the green light from the school, Tasneem still had her work cut out for her.

"They said it was O.K. They just said I'd have to find everything myself, find out if there were enough students interested, if I could find a place to have it and if JA would adapt the program for our school," she explains. Well, find them she did and adapt it they would, and the Student Venture course was successfully implemented.

David MacKinnon, PhD, an associate professor in the school of education at Acadia

University in Nova Scotia, says it's important that students are actively involved in their own education. "I'm very supportive of it because I think it represents a political voice for students," he says. "If they see certain things that are problematic for them or in which they'd like to see change, I think at the very least it's important that they voice those concerns."

MacKinnon also says the biggest problem students face when trying to change their schools' curriculum is the fact that often such decisions are made at the provincial level. But don't let that stop you from speaking up about things you're not happy with.

"The bottom line for me is that if students don't make these things known, then they're not likely to be changed."

So, there you go. Although you may always have thought that your school administrators and teachers were psychic, they're not. If you want them to know what you're looking for, you have to communicate with them.

Communicating and taking an active role in education at the provincial level is something Javeed Sukhera of the Ontario Secondary School Students' Association (OSSSA) knows a lot about. Javeed, an OAC student at A.Y. Jackson Secondary School in North York and Student Premier of Ontario, is actively involved in making curriculum changes in Ontario.

Most recently, Javeed and the OSSSA were involved in the consultation process for the writing of Ontario's new curriculum. And according to Javeed, Ontario high school students were quite clear about what they wanted.

"They wanted a curriculum that was relevant to what their future plans might be."

"The **bottom line for me** is that if students don't make these things known, then they're not likely to be changed."

Carmela Prinzo

YOU CAN'T ALWAYS GET WHAT YOU WANT...

Of course just because you know what you want doesn't mean you're always going to get it, as Carmela Prinzo found out. Currently in her first year at Carleton University, Carmela was in Grade 11 at Immaculata High School in Ottawa when she and some of her friends approached their teachers about bringing back Latin at their school. (No, it wasn't so they could read university mottos.) Carmela felt Latin would help her in learning other languages, and therefore be useful in her pursuit of an international career. Her school, however, felt otherwise about Latin's usefulness.

"Basically the feedback was (that) Latin is not something that's necessary, so they didn't want to offer it." (There were likely some very good reasons Carmela's school could not offer Latin to its students, like not having the necessary funding, for example. Sometimes these things just aren't feasible.)

So, after talking to numerous teachers and getting similar responses, Carmela said they ended their attempts at reviving the course. She admits they didn't go to the lengths they could have, but says if the response they received had been more encouraging, they probably would have done a lot more.

Don't let that discourage you, though. If you think you have a strong case, then go for it. At worst, they say no. At best, you make your high school experience a much more relevant and (possibly) enjoyable one. •

LET'S ALL GO TO THE LOBBY

TIPS FOR SUCCESS

BE PROFESSIONAL

"A tip would be to do it as formally as possible. Make sure you keep yourself as organized as possible and gain as much support for your cause as you can. And if you feel that you can do it, I encourage students to go out there and take their own initiative and do things like this because it's really important that students play an active role in their own education."

- Javeed Sukhera, OSSSA Student Premier of Ontario

BE PERSISTENT

"I would say it's important to be persistent, but try to be calm and receptive to other people's opinions and ideas, to not be so gung-ho that you're being annoying, but just be persistent enough to get the job done."

Charlina Gunther, Grade 12 student at West Island College in Calgary, Alberta

GATHER ALLIES

"I think **there's strength in numbers**, that is if it can be demonstrated within a school that a lot of students are concerned about certain things, the likelihood of impact is greater than if it's just one or two students."

- David MacKinnon PhD, Associate Professor at Acadia University

DON'T GET DISCOURAGED

Even if you don't get what you were after this time, don't let it discourage you from future attempts at bringing about change. After all, you can't win 'em all. Tomorrow's another day. The only failure is in not trying. Cliches, perhaps, but all true nonetheless!

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COOL CAREER PROFILE:

conservation officer

your job: You'd rather sleep in a sleeping bag under the stars than in a king-sized waterbed. Your best pair of shoes are waterproof, fully insulated hiking boots (or fleece-lined snow boots in the winter). And you'd never think twice about passing up sold-out concert tickets for a chance to catch the northern lights (you hadn't heard of the band, anyhow). As a conservation officer, you adore the outdoors (you get cabin fever if you're inside for more than 20 minutes at a time) – winter, summer, rain or shine. Your daily duties revolve around enforcing federal, provincial and territorial laws that have been established to protect fish and fish habitats, wildlife and other natural resources. You also enforce water safety and snowmobile safety laws. In a nutshell, it's a combination of natural resources management and law enforcement. You might find yourself patrolling anything from a lake to a stream to a marsh to a mountain.

your training: You'll spend anywhere from one to three years in a college program in renewable resources management. Sometimes, an extra year in resource law can also help you gain that competitive edge. On-the-job training will give you those very specific skills you'll need – dependent on the environment in which you're working. You'll need a driver's licence and quite possibly any of a variety of other licences, depending, again on what you're doing; these range from a pesticide applicator's licence to an explosives licence. While in high school, be sure to brush up on your biology, chemistry and physics skills as well as English and math. You'll be needing all of these later.

your gear: A great pair of hiking boots will take you through most seasons; otherwise, what you wear will depend on the weather. A warm parka, a good rain slicker, a canvas hat with a wide brim and a decent pair of shades are all part of your wardrobe. You carry everything a police officer would carry including a gun, cuffs, a billy stick and pepper spray. You'll drive anything from a speedboat to a four-by-four to a small aircraft.

bragging to your buddies:
If they say: "What are you, some kind of *tree hugger* or something?"
You say: "If you're implying that I love nature, you're absolutely right – I do love nature. That's why I work so hard at trying to protect it – the wildlife and their habitats. And that includes the trees. But nope – I've *never* hugged a tree. I'll have to try that some time!"

a bad day at the office: "You know what really gets me going? People who don't respect nature. I'm not saying *you* have to hug trees either. But stop throwing your cigarette butts in the lakes for the fish to choke on. And stop leaving your potato salad out at your camp site for the bears to get at. And stop hunting deer when you're not supposed to. And stop – well, you get what I'm saying. You've got to respect Mother Nature; she's been here *a lot* longer than we have."

the reality box

WHAT TO KNOW:
You have to be in pretty good health and pretty good shape to succeed at a job like this. And you'll want to know that you're OK being by yourself for periods of time. Well, you'll have the bugs and the trees to talk to, but you know what I mean. You'll want to perfect your communication skills for this job and also develop a sense of tact and grace for dealing with difficult people in difficult situations. Oh – and be prepared to work long weekends and other holidays. Someone's got to do it!

WHERE TO GO:
There are plenty of colleges and universities across the country offering relevant programs. Check around – or contact one of these organizations:
• Federal Wildlife Officers Associations: www.fwoa.org (an American organization with Canadian links)
• Parks Canada: www.parkscanada.pch.gc.ca
• Canadian Council for Human Resources in the Environment Industry: www.cchrei.ca or Tel. (403) 233-0748.

HOW'S THE DOUGH?:
You'll be earning anywhere from $30,000 to $55,000, depending on where you're working and what you're doing. An average salary is about $42,000.

WHERE ELSE MIGHT THIS GO?:
There are plenty of options related to this field if you choose to look around a bit. You could work as a game warden, a park ranger or a forest ranger. If you fancy fish, look into becoming an inspector of fish and fish products. You could be an agricultural products inspector, a forestry technician, a by-law enforcement officer... the possibilities are as tremendous as nature itself!

MORE CAREER INFO Want more info about even more cool careers? Ask your school guidance counselor what he or she has to offer or visit a youth employment centre in your area. You can also check out one of these two great web sites:

1 Career Directions: www.hrdc-drhc.gc.ca/career-carriere/directions_index.shtml 2 Job Futures: www.hrdc-drhc.gc.ca/JobFutures

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Throughout *The Edge*, we've shared advice, ideas, insights and information with you. Now, before you take the world by storm, pause for a moment or two, just to be sure you've got the right tools to be a star! Have a look at the questions.

The scoring system is simple – if you get them all correct, you're ready to take on the world (or at least, your corner of it). Anything less than 100 per cent – well, ahem, uh, you might want to read the magazine again. And again.

TAKE YOUR CAREER IQ

WHAT DO THEY DO?

Sometimes jobs have fancy-shmancy titles that aren't obvious at first glance. Do you know what the following people do for a living?

1. Quality Control Technician

a) Counts fries at Burger Bonanza to make sure you don't get ripped off.
b) Someone who checks products to make sure they achieve company standards.
c) Tests dryer lint for absorbency.

2. Gestural Interpreter

a) A United Nations guide from the country of Gesture.
b) New age dancer.
c) Someone who uses sign language to communicate on the job.

3. Director of a Leisure Establishment

a) Moe, the bartender.
b) Steven Spielberg.
c) The head of a spa, fitness centre or golf club.

4. Audio-Visual Material Technician

a) Person in charge of tapes, movies, cassettes, etc., usually at a school.
b) A music video director.
c) Fancy name for person who gets to hand out craft paper and glue.

5. ENG Technician

a) Ear, Nose and Gut therapist.
b) Person who helps with your ENGlish assignments.
c) Television news camera operator (electronic news gathering).

THE STRESS TEST

Learn what you can about stress. Knowing how to manage it will help you feel better and gain an edge in your education and career.

6. If you drink nine cups of coffee a day

a) you should switch to decaf and drink 54 cups a day.
b) your teeth are likely as shiny white as the polar ice caps. And your breath smells good, too!
c) you are probably not sleeping as well as you should.

7. If you're feeling stressed and hungry, the best snack would be

a) a triple cheeseburger, because the fat would soothe you and lull you off into a sleepy stupor.
b) chocolate, because the caffeine and sugar would cancel each other out thereby leaving you calm and relaxed.
c) any veggie rich in Vitamin B, like broccoli, for example.

8. What sort of breathing helps calm you down?

a) Taking short shallow breaths while surrounded by guys wearing bad cologne in a smoky coffee shop.
b) Sucking on a helium balloon.
c) Long, deep abdominal breaths.

9. Left unmanaged, stress can lead to high blood pressure, which is also known as

a) hypertension.
b) hyperspace.
c) diaper rash.

10. What could you hang in your locker to help beat stress?

a) Last week's phys. ed. socks. That'll keep stress – and everything else – away.
b) A picture of your crazy Uncle Lester juggling three chain saws.
c) A sign with a positive message like, "I can do it!"

THAT'S WHAT TRENDS ARE FOR

The population and the economy are always changing. How well do you understand trends?

11. Our population is aging – more and more Canadians are over the age of 65. That means there will be an increase in demand for

a) health care workers.
b) bungee jumping instructors.
c) video game designers.

12. In more cases than ever before, both parents of young children are working. This means there's an increasing need for

a) smarter children who can raise themselves.
b) daycare workers.
c) workplaces who will employ babies.

13. More and more people are "telecommuting." What does that mean?

a) They get to work by putting four wheels on their TV and getting a push.
b) They communicate with their colleagues, bosses and customers by closing their eyes, rubbing their temples and sending telepathic signals.
c) They work at home and communicate with the workplace by phone, fax and e-mail.

14. People are choosing to retire later than ever before. What does this trend mean?

a) You can retire early.
b) There might be fewer entry-level opportunities in the coming years.
c) It means nothing at all to you because you are so talented and lucky that trends never impact upon you negatively.

15. More people are making job changes and career shifts in their lifetimes. That means

a) chances are you'll have about 12 different jobs over your career (are you tired yet?).
b) you can close your eyes, click your heels together three times and change your job at Burger Bonanza into your dream job.
c) you can be a doctor on Monday and a full-time professional bowler on Tuesday.

THE WORKPLACE IS DIFFERENT

The workplace is changing all the time. Are you ready for the jobs of tomorrow?

16. There is an increasing emphasis on technological expertise on the job. What does that mean for you?

a) You can play Nintendo all day and reel in a big paycheque.
b) Someone will always steal your calculator.
c) You need to build your computer knowledge.

17. There are fewer managers than ever before in larger organizations. So what?

a) You can sneak out early every day and no one will notice.
b) You can bark orders and people have to listen.
c) You will likely be involved in some decision-making and problem-solving on the job.

18. Workplaces are becoming more family-friendly. That means

a) more companies are letting people work flexible hours so they can play a greater role in raising their children.
b) kids can come to work with their parents every day.
c) clowns will be hired to make balloon animals and otherwise entertain workers to make them feel like little kids.

19. Business will play a greater role in training their workers for the future. What does that mean for you?

a) Phew! Now you don't have to do any learning on your own.
b) Lots of talented and trained people means that anyone can cover for you if you feel like goofing off.
c) You'll be able to develop new skills while advancing your career while on the job.

SUCCESS

Canadian teens tell *The Edge* what success is all about

What is this thing we call success? It depends on who you are and where you're at in life.

To an infant, success is finding your mouth with your hand. To a young child, success is finishing your first chapter book. To a video game addict, success is gaining a new high score in Zelda. To a smoker trying to quit, success is going a week without lighting up. To a hockey player, success is scoring the winning goal in an important game.

But what about big picture success? The life stuff. What are we all in this for? When people wish you success, what are they wishing for you? Money? Fame? Health? An even higher score in Zelda? Successfully predicting the story line on *Dawson's Creek*?

We asked some Canadian students how they define success. Here are the warm and cuddly answers. If you care and dare to challenge these opinions, drop by *The Edge Internet Magazine* at www.theedgemag.org to share your views.

THERE ARE many aspects in life. For example, one's personal life, or academics. In every aspect of life one wants to be successful. There's nothing more gratifying when one accomplishes a task he or she has been working on. If a job is done well then one feels even better because he or she is more successful. Right now as I prepare to go to university, my academic life is playing a very important role. The better I do, the better I feel. I will truly feel successful when I complete one era of my life, high school, and receive my diploma.

Duayne Siewah
Markham, Ontario

FOR ME, a successful person is someone who can get by all alone, and who succeeds in his or her undertakings.

Eric Demers
St-Ignace, New Brunswick

SUCCESS – it's not about being the most popular girl in school (you know, like, the one that, like, bats her eyelashes and like, tosses her hair like, every two seconds). Success is not about looking into the mirror and seeing that huge zit that erupted overnight, but rather, finding beauty in that same zit and realizing it's not a mountain, but a molehill. Success is failure – learning how to become a better person through your mistakes. (Like the time you mispronounced organism in science class.) Success is having no regrets about the past, being happy with where you are, and always reaching for your goals. (Yes, Leonardo DiCaprio will fall in love with me!)

Leanne Wytinck
Cypress River, Manitoba

AT THE RISK of appearing simplistic, for me, success means reaching my objectives. Personally, my main goal is to be happy, in both my school work and my personal life. Success is measured according to the degree of satisfaction I have compared to previous successes. I'll know I'm successful when I reach my objectives and am proud of my accomplishments.

Serge Bourgault
Cabano, QC

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RESOURCES

There are tonnes of resources out there full of useful, practical and helpful information to assist you as you build your career and to support you in other ways. Many of these resources are right at your fingertips! Take a look at some of these sources.

INFORMATION GATHERING

CANADIAN COUNCIL OF DIRECTORS OF APPRENTICESHIP is part of a bilingual web page (called the Sectoral Partnerships Initiatives) that lists all the provincial and territorial apprenticeship offices. If you'd like to become an apprentice, visit **www.hrdc-drhc.gc.ca/hrib/hrp-prh/redseal/redconte.html**

JOB FUTURES is a two-part, bilingual resource tool developed by Human Resources Development Canada with information about the current world of work and the projected situation for five years into the future. Key links include an alphabetical index of occupations, an overview of the outlook for various different occupations and a search and help link to help you find a particular occupation or field of study. Visit **www.hrdc-drhc.gc.ca/JobFutures**

MEET THE SECTOR COUNCILS Want to explore different jobs in all the occupational sectors (i.e. agriculture, tourism, aviation)? This bilingual web page lists all sectors with immediate web site links and contact info. Some examples include the Biotechnology Human Resource Council, the Canadian Council for Human Resources in the Environment Industry and the Cultural Human Resources Council. Visit the general web site at **www.hrdc-drhc.gc.ca/career-carriere/councils.shtml**

CANADIAN YOUTH BUSINESS FOUNDATION (otherwise known as Youth Business) provides programs that help young people who are creating their own employment through entrepreneurship, with the goal of reducing youth unemployment and under-employment. The CYBF provides mentoring, business support and lending to young Canadian entrepreneurs who are creating new businesses. Visit the bilingual web site at **www.cybf.ca**

SCHOOL FINDER helps you find universities, colleges and career colleges that offer training in your field of interest. Also check out the "Career of the Month" and the bulletin board for school and career info. The site also offers information on various careers using career search, an interest test and on-line counselors who answer questions about schools, careers or scholarships. Visit **www.schoolfinder.com**

ABORIGINAL YOUTH BUSINESS COUNCIL (AYBC) AYBC is a web site which provides information about entrepreneurship, in an effort to increase Aboriginal youth entrepreneurship in Canada. Whether you're in the start-up phase of your venture, already up and running or you simply want to learn more about entrepreneurship, the site will provide you with some useful tools. The Aboriginal Youth Business Council is a volunteer run, not-for-profit, youth-driven council of First Nation, Metis, & Inuit entrepreneurs. Visit the site at **www.aybc.org**

CANADA'S STUDENT LOANS PROGRAM is a bilingual web page providing information about applying for post-secondary education through the Federal Government. Find out how the program works, how you qualify and how much you can borrow; if you are eligible for options such as students with disabilities, high-need part-time students or students with dependants; about repaying your loans and other options for paying for your education. Visit this site at **www.hrdc-drhc.gc.ca/student_loans/**

STUDENT AWARDS is a bilingual, Canadian web site which gives you immediate access to a database of thousands of scholarships, bursaries, fellowships, grants and other financial awards. Whether you are about to enter your first year of post-secondary education or are already enrolled in a university or college program, studentawards.com can help you find the money to finance your education. The studentawards.com matching process compares student data with every award on the database and displays awards for which they are eligible in their private, password-protected mailbox. Visit **www.studentawards.com**

LIVING AND WORKING OVERSEAS is "the definitive bible of information on living and working overseas." It includes successful strategies and practical information to guide you through the necessary steps of your international job search, from start to finish. There are also detailed, insightful chapters dealing with living overseas, including moving and taxes, culture shock, cross-cultural communications, personal stories, the Canadian identity overseas and much more. It is available in public libraries (if not, ask your librarian to order it) and an abridged version is also on the Net at **www.WorkingOverseas.com**

CAREER INFORMATION HOTLINE NUMBERS If a hotline number is not currently available for your province or territory, please ask for career information from your school guidance counsellor or a youth employment counsellor at the Human Resource Centres of Canada for Students in your area.
Alberta 1-800-661-3753 (Alberta residents only) or (403) 422-4266 (outside Alberta).
Newfoundland St. John's – (709) 729-6600 or 1-800-563-6600 (outside St. John's)
Ontario Job Grow and Training Hotline – 1-800-387-0777 (Ontario only)

LIFE/WORK BALANCE

INDIE (THE INTEGRATED NETWORK OF DISABILITY INFORMATION & EDUCATION) offers persons with disabilities info about special events, home delivery services, news, opportunities and more. Check out the site at **www.indie.ca**

CANADIAN GAY, LESBIAN AND BISEXUAL RESOURCE DIRECTORY is the comprehensive source for Canadian gay, lesbian and bisexual information. Features include a business directory, AIDS resources, gay and lesbian publications and youth services. Contact them at 386 Montrose St., Winnipeg Manitoba R3M 3M8; Telephone: 1-800-245-2734. Or visit the web site at **www.gaycanada.com**

CANADIAN CRISIS AND SEXUAL ASSAULT CENTRES At a web site called The National Canadian and Alberta Crisis and Sexual Assault Centres, you'll find an extensive list of crisis and sexual assault centres and their phone numbers across Canada. Visit **www.connect.ab.ca/~kwalden/crisiscn.htm**. You can also call Kids Help Phone for crisis centre listings in your area at 1-800-668-6868.

BOYS AND GIRLS CLUBS offer a whole range of accessible and social programs for youth. Check out the following web sites:
Alberta: **www.junctionnet.com/~bgab/**
Greater Victoria, BC: **http://ccsbgvic.org/bgclubs.html**
Miramichi, NB: **www.youthvillage.nb.ca**
Newfoundland and Labrador: **www.nfld.com/~jpollard/**
Ottawa, ON: **www.boys-girls.com**
Saint John, NB: **www.sjfn.nb.ca/Community_Hall/b/boys2011.html**
Toronto, ON: **www.abcdevelopment.com/about/annual.html**

CANADIAN CENTRE ON SUBSTANCE ABUSE is a not-for-profit organization working to minimize the harm associated with the use of alcohol, tobacco, other drugs and gambling. It offers information on the nature, extent and consequences of substance abuse and supports and assists organizations involved in substance abuse treatment, prevention and educational programming. Their bilingual web site has a youth page and also includes a list of addiction centres by province. Check it out at **http://ccsalist.com/youthtrt.htm**. Or contact them at 75 Albert Street, Suite 300, Ottawa, ON Canada, K1P 5E7; Phone: (613) 235-4048; Fax: (613) 235-8101.

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RESOURCES CONTINUED...

CAREER BUILDING

WORKINFONET is a bilingual Internet directory (like a phone book) that provides useful information on different aspects of the labour market. Offering up to 1,800 easy-to-find links, the site helps Canadians connect to the resources they need – everything from career development to financial help to community services. It's a one-stop shop for career exploration. Points of interest include Daily Career News and excellent resources for training – including high school completion. Check it out at **www.workinfonet.ca**.

SCHOOLNET is a bilingual web site that helps connect Canadian public schools and libraries to the Internet. It features creative and clever Internet-based educational resources and services for both teachers and learners. Key programs and links include The Brainium – an award winning on-line science resource where teachers and students can share ideas, experiments and activities; CanConnect – encouraging Canadian businesses, organizations and communities to help Canadian youth acquire valuable skills in information communications technology; and SchoolNet News – Network, a monthly Internet newspaper written and produced by students in K-12 from across the country. Visit **www.schoolnet.ca** or **www.schoolnet.ca/vp-pv/html_tut/e** for a free web tutorial where you can learn how to put yourself on the information highway.

MOTIV8 is a web zine for youth about transitions, setting goals, dreaming, developing skills, taking action, gaining knowledge, being creative, making decisions and choices. Check out the world of lifelong learning at the School link; access career and work info at the Work link; get more info on everything from health and finance to building healthy relationships and creating personal success at the Personal link. Visit the web site at **http://motiv8.com** or order a free hard copy by contacting: YES Canada-BC, 5172 Kingsway, Suite 310, Burnaby, BC, V5H 2E8; e-mail address: info@motiv8.com.

CANADA PROSPECTS is Canada's bilingual guide to career planning for people of all ages. For students, parents, teachers, counselors, employees, entrepreneurs and anyone looking for work, Canada Prospects helps you, your family and friends make good career and life decisions. Visit **www.careerccc.org/english/canada_prospects_98-99**. Or, obtain a free hard copy by contacting: Canada Communication Group, Ottawa, Ontario K1A 0S9, telephone: (819) 779-4344; fax: (819) 779-2833 or by e-mail: disorderdesk@ccgsjc.com.

YOUTH RESOURCE NETWORK OF CANADA is a bilingual directory of web resources designed to help youth prepare for and find work. The site offers a multitude of info about the world of employment such as career choices, training, education, job search techniques, job offers, international opportunities and so on. YRNC was designed and is managed by youth. Check it out at **www.youth.gc.ca**.

HUMAN RESOURCES DEVELOPMENT CANADA – CAREER AWARENESS is a bilingual web page that will help you plan for your future. Key resources available on this page include *The Edge*, *Career Moves* and *Skill Building*, as well as many others. Visit **www.hrdc-drhc.gc.ca/career-carriere/publication.shtml**. Or, contact the Public Enquiries Centre, Human Resources Development Canada, 140 Promenade du Portage, Ottawa/Hull, K1A 0J9, Fax: (819) 953-7260.

WITT (WOMEN IN TRADES AND TECHNOLOGY) is a bilingual web site that explores career possibilities for women in trades, technology, operations and blue collar work across Canada and also profiles women who work in the field. Links of interest include Construction Technology for Women and info about employment equity workshops. Visit the site at **www.wittnn.com**.

WORK SEARCH

FEDERAL PUBLIC SECTOR YOUTH INTERNSHIP PROGRAM offers paid jobs to youth between the ages of 16 and 30 for one year as well as four weeks of training. Candidates do not have a high school diploma and are currently not working. Call 1-800-580-4574.

DAMN GOOD RÉSUMÉ GUIDE is a great source for everything you ever wanted to know about resumes! Jana Parker's web site provides various examples of résumés belonging to people of different backgrounds as well as tips, examples of thank you letters and follow-up letters and how to use each. The site also features "50 job search Q and A's," "25 tough resume problems solved," a section on how to find your skills and special talents, a variety of useful links and a scannable resume. Check out the site at **www.damngood.com**.

YOUTH LINK/CONNEXION JEUNESSE is a one-stop resource of more than 300 Government of Canada youth programs and services (i.e. study or work experience opportunities, summer jobs, management training, etc.) This resource is appropriate for youth aged 15-30. Ask for Catalogue # Y-002-05-98E. HRDC, Public Enquiries Centre, Hull, PQ K1A 0J9. Or call the Government of Canada's Youth Information Line: 1-800-935-5555, or visit **http://youth.hrdc-drhc.gc.ca /ythlink /ythlink.shtml**.

CAREER EDGE is a national, bilingual, not-for-profit organization whose aim is to strengthen youth employability. The program is aimed at graduates of university, college and high school who have finished their education but who lack career-related work experience. By completing a six-, nine-, or twelve-month paid internship in one of the program's Host Organizations, the interns gain the skills and experience they need to become more marketable in the workplace. Watch for the upcoming Ability Edge that offers internships for persons with disabilities interested in working in the financial services industry. Check out the web site at **www.careeredge.org**.

FEDERAL STUDENT WORK EXPERIENCE PROGRAM (FSWEP) If you are a full time high school, CEGEP, college, technical institute or university student, you can apply for summer jobs with the federal government. Gain experience either at a federal department or with a federal agency while developing and improving your employability skills. Visit the bilingual web site at **http://jobs.gc.ca/fswep-pfete**.

APPLYING FOR YOUR SOCIAL INSURANCE NUMBER (S.I.N.) You need a S.I.N. if you want to work. To apply for one, visit your local Human Resource Centres of Canada and complete a S.I.N. form. You will need to bring your original birth certificate. This service is free but if you lose your card, you'll have to re-apply and pay a service charge for a replacement card. You can also apply for your S.I.N. via the Internet. Visit **www.hrdcdrhc.gc.ca/insur/sin-nas/download.shtml**.

HUMAN RESOURCES DEVELOPEMENT CANADA YOUTH INITIATIVES is a bilingual web page designed to help young Canadians make the transition from school to work and get their first job. It offers work experience opportunities for unemployed or under-employed youth and students through work internships and access to useful information about Canada's labour market. This one-stop-shop also features info about student loans, a Job Bank and help with applying for your social insurance number. Visit the web page at **http://youth.hrdc-drhc.gc.ca**.